

PHILIPPINE RECIPES MADE EASY

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Preface

I am privileged to present to you a cookbook which I hope will serve as a valuable guide to cooking Filipino dishes.

This book was developed with the purpose of sharing my cooking knowledge and recipes with anyone who would like to experience and enjoy delicious Philippine dishes. This project represents almost five years of contemplation in writing and many experimentations in recipe making and testing.

Discover the easy and simple, yet delectable fares, without compromise to authentic Filipino taste. Based on favorite dishes that I know, I have maintained and slightly modified some recipes with consideration for convenience, more consistent results, and improved food texture. I have also included valuable suggestions, tips and some shortcuts to create and present special delicacies without the intensive labor. Please feel free to adjust recipes according to your personal taste.

I hope the recipes from this book will give you pleasure in serving Philippine cuisine.

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FILIPINO CUISINE

Since the Philippines, throughout its history, has been touched by foreign influences such as Malayan, Chinese, Japanese, Spanish and American, you will find Filipino dishes diverse in taste yet assimilated and distinctly native. Philippine cuisine has a unique personality that is intriguing and surprising but pleasant to the palate.

While learning and experimenting with Filipino cuisine, I found that the main dishes fall into four major categories. First, there are the **sautéed recipes** (*guisado*), where garlic and onions are basic ingredients sautéed in a little vegetable oil. There are certain dishes that include tomatoes as a necessary ingredient. To these are added any kind of meat, seafood or vegetable and seasonings to obtain great tasting healthy dishes.

Second, the **stewed recipes** include the *adobo* that calls for vinegar, garlic and seasonings as the base for native Filipino stews. Meat stews that are gently simmered in tomato sauce also fall into this category.

Third, there are the **pan-fried recipes** (*pinirito*) that use special marinades or just salt and pepper as seasonings in any type of meat, poultry or seafood. The cooking is done in a skillet with little or just enough vegetable oil.

Fourth, the **soup or boiled recipes** (*nilaga*) which are served as main dishes include generous amounts of meat, poultry or seafood simmered gently in water with onions and vegetables. These are usually flavored with fish sauce and seasonings. A variation is the addition of garlic and ginger to obtain a special taste. This category also includes the pleasantly tart or sour soups (*sinigang*), flavored with lemon juice or tamarind.

There is a wide variety of other special recipes that reveal foreign influences, mostly Spanish. These dishes such as "*relleno*," "*menudo*," "*arroz valenciana*" and many more, are served with pride during festive occasions.

Main dishes are cooked to complement the steamed rice, the staple of Asian cuisine. No meal is complete without the accompanying steamed rice.

For dessert, everyone's favorite is the "*leche flan*," definitely a European dish that has been adopted as one of the Philippine desserts. There is also the tropical fruit salad that pleases everyone's palate. The usual rice cakes made with coconut milk and sticky rice are eaten as snacks or desserts.

From salads to main dishes to desserts, discover the special Filipino taste. Enjoy your adventure !



BASICS

Steamed Rice

Steamed rice is the staple of Filipino food and without it, a main dish by itself seems incomplete. A variety of rice, whether long grain or short grain can be bought at any grocery store or at an Asian food store.

Rice doubles in size when cooked. Usually 1 cup of rice cooked with approximately 1-1/2 cups water, will serve 2 people. (**Tip to remember:** To get the correct amount of water for the rice to cook in the right consistency, measure the depth of the rice from the bottom of the pot container to the top of the rice. Add water of almost equal depth from the top of the rice.)

To cook rice in an electric rice cooker, put 2 cups rice grains into the pot, if cooking for 4 people. Add enough water to more than cover it. Wash by stirring rice and water with your hand. Drain and reserve the first and second washings in case you are cooking a recipe that calls for rice water. Add enough water (see tip above) to cook rice. Turn on the cooker which will stop automatically or warn you when cooking is done.

To cook rice in a pot on stove top, do the same preparation as above. Cover the pot, leaving a slight opening to let steam out. Bring rice to a gentle boil in medium heat. When liquid has partly evaporated, reduce heat to medium low and cover pot completely. Rice is cooked when liquid has fully evaporated, rice grain has doubled in size and middle is soft.

Loosen cooked rice with a spoon before serving to give it better texture.

Filipino-Style Fried Rice

Fried rice or "*sinangag*" is a favorite for a good Filipino breakfast during weekends or anytime of the week. This is usually served with pan-fried marinated meats such as "*longanisa*," "*tapa*," "*tocino*" or omelets "*torta*."

Use leftover cooked rice to make Filipino-style fried rice. Sprinkle a little water on the leftover rice, then separate it gently with your fingers. In a non-stick skillet over medium heat, lightly brown 2-3 cloves of minced garlic in two tablespoons oil. Add 4 cups cooked rice, salt and pepper to taste, and stir thoroughly while cooking to blend flavor. Cook for about 5 minutes or longer. Serve immediately with your favorite breakfast dish.

Fried Rice Variations: These variations can be served with the main dishes for lunch or dinner.

Variation 1: Add a small amount of sliced ham and green peas to the rice. Season to taste and cook well. Garnish with thin slices of sweet red pepper and thin slices of fried beaten eggs.

Variation 2: Sauté chopped onions, a small amount of finely diced celery and carrot. Cook well. Add cooked rice and stir while cooking. Season to taste.

Create your own gourmet touch of fried rice variation. It will be an interesting addition to your lunch or dinner menu.

Annatto Water, Shrimp Juice, and Rice Water

Annatto Water

- 1 tablespoon annatto (*achuete*) seeds
- 1/2 cup water

Soak annatto seeds in water for 15 to 20 minutes. With your fingers, squeeze color out of the seeds in water, until water turns orangy or reddish. Drain liquid into a container and discard seeds. Use this liquid as a natural food coloring when the recipe calls for it.

Shrimp Juice

For recipes that include shrimp juice, buy shrimps with shells and heads. Wash shrimps thoroughly and remove shells and heads which should be reserved for making shrimp juice. Set aside shrimp meat. You may obtain shrimp juice in two ways:

- (1) Boil shells and heads with 1/2 cup water. Salt lightly. Drain liquid into a container. Set aside. Discard shrimp shells and heads.
- (2) Blend shrimp shells and heads with approximately 1/2 cup water in an electric blender for 15-25 seconds. Drain liquid and set aside for use. Discard residue.

Rice Water

Drain and reserve the water of the first and second washings of the rice that you are about to cook. Use this liquid as a base for the sour soup (*sinigang*) to give a special flavor to the soup stock.

Grated Coconut Meat/Coconut Milk

Frozen grated fresh coconut meat is more convenient to use with recipes that require it. You can obtain it from an Asian grocery. If you prefer to grate a whole fresh coconut, crack its shell and pry meat out with a knife. Peel any brownish part making sure meat is all white. Wash and pat dry. Grate meat in a regular cheese grater by hand or grate small pieces in an electric blender for about one minute or more. Refrigerate and use within a day for best taste. You may freeze it for longer storage to prevent spoilage.

Fresh frozen coconut milk from an Asian grocery is more practical to use for dishes that call for it. However, if you prefer, you may obtain coconut milk by combining small pieces (1/2-inch cubes) of meat from 1 coconut with 1 cup water. Blend mixture in an electric blender in high speed for 1-1/2 minutes. Drain milk through a fine sieve into a bowl, pressing residue thoroughly. Discard residue or set aside for toasting (see note below). Refrigerate milk and use right away or store in freezer.

If you do not have a blender, combine grated coconut meat with 1 cup water in a bowl. Press and squeeze mixture thoroughly with your hands to produce coconut milk. Drain milk through a sieve into another bowl, pressing residue to squeeze as much liquid as possible.

Coconut milk can be diluted by adding water in this proportion: To 1 cup coconut milk, add 1/2 -3/4 cup water.

Note: Do not confuse young coconut meat with mature coconut meat. Young coconut meat is soft and can be eaten readily. Mature coconut is the source of grated coconut meat and coconut milk. It is not advisable to use coconut meat when it smells and tastes rancid as it will affect the overall taste of your dish. Coconut meat can turn sour easily if not used immediately.

Coconut meat residue from milking can be toasted lightly with sugar in a non-stick skillet over medium low heat and used as topping for desserts.

The Filipino Cupboard

Most Filipino cooking ingredients are available in regular supermarkets or grocery stores where you will easily find the condiments and seasonings, canned items, meats, poultry, seafood, vegetables and fruits. Most probably, some of the ingredients are already in your everyday food supplies. Some food items, such as those listed below, may not be located in supermarkets but can be found at Asian food stores in your area.

Asian Food Items

Jar Items:

Coconut Sport (*Macapuno*) Preserve
Jackfruit (*Langka*) Preserve
Purple Yam (*Ube*) Jam

Freezer Items:

Coconut Milk
Egg Roll (*Lumpia*) Wrappers
Grated Cassava
Grated Coconut
Grated Purple Yam (*Ube*)
Young Coconut (*Buko*), Shredded

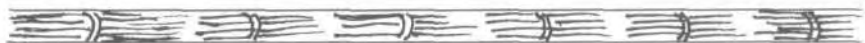
Vegetables:

Cooking Bananas (*Saba*)
Dried Mushrooms
Green or Raw Papaya
Japanese Eggplants (*Talong*)
Long Beans (*Sitao*)
Oriental Radish (*Daikon*)

Other Items:

Annatto (*Achuete*) Seeds
Banana Blossoms
Coconut
Coriander
Fish Sauce (*Patis*)
Glutinous Rice or Sweet Rice
Glutinous Rice Flour
Salted Black Beans
Salted Shrimp Fry (*Bagoong*)
Soy Sauce
Rice
Rice Flour
Tapioca Starch/Flour
Tofu
Three kinds of noodles:
 Bean thread (*Sotanghon*)
 Egg noodles (*Pancit Canton*)
 Rice vermicelli noodles

SUGGESTED MENUS



BREAKFAST

Fried Rice
Longaniza Patties
Egg and Tomato Salad
Papaya Slices
Hot Chocolate or Coffee

Easy Pan de Sal with Butter
Torta
Fried Bananas
Mango Slices
Hot Beverage

LIGHT LUNCH

Chicken Adobo
Pancit Canton
Steamed Rice

Beef Empanada
Pancit Guisado
Fruit Slices

Chicken Sotanghon 1
Easy Puto
Bibingka Slices

DINNER

Beef Caldereta
Guisadong Sitao
Steamed Rice
Egg Pie Slices

Chicken Tinola
Lumpiang Gulay
Inihaw na Isda
Steamed Rice
Fruit Gelatin

Sinigang na Isda
Camaron Rebosado
Steamed Rice
Fruit Slices

FESTIVE BUFFET

Lumpiang Shanghai
Chicken Relleno 11
Pancit Canton
Menudo
Fish Relleno
Sautéed Vegetables
Steamed Rice
Cassava Bibingka
Tropical Fruit Salad
Leche Flan

Achara
Arroz Valenciana
Lechon 1
Morcon
Fresh Lumpia
Chicken Sotanghon 11
Steamed Rice
Ube Maja
Bibingkang Malagkit
Fruit Gelatin



CREATIVE TABLE SETTINGS

An artistic table setting excites the palate and sets your dishes on center stage. What could be more memorable than enjoying delicious food in an exotic atmosphere.

Below are a few suggestions in creative table settings for festive buffets. Use your imagination to create original table decors.

Use colorful native mats (banig) as tablespreads. Place your serving dishes in basket trays and set on top of the native mats. Group three unique baskets of different sizes, colors and shapes. Cluster fresh fruits and vegetables by these baskets. This grouping will serve as a decorative table centerpiece.

For drama, use subdued colored batik tablecloths. The artistic print will be very attractive. Use solid-colored serving plates to present the food. Arrange some native wooden sculptures off-center on table.

Clay cooking pots as decor accents will give a native touch. Group them together with banana leaves and fruits such as pineapples, a bunch of bananas, mangoes and papayas. Use a beige woven mat as a tablecloth.

Use interesting folk art objects as centerpiece. Display colorful art objects placed on top of small box pedestals with different heights. Use a bright solid-colored table runner as the base spread for this decor.

Fresh exotic flowers will project a tropical atmosphere. Set a grouping of flowering orchid plants. Arrange them on top or around bamboo reeds. Set your serving dishes on rugged oversized bamboo trays.

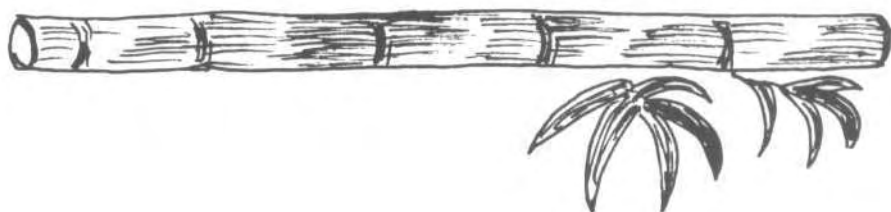
Banana leaves will create an exotic surface for serving finger foods. Spread leaves on the table and use them to present fruit slices, steamed cakes and rice cakes served with grated fresh coconut meat.

Go with brass accents. Use an assortment of brass items of different sizes and interesting shapes as your centerpiece. Soften with a dark solid-colored tablecloth. Place brass accent pieces on a woven tablerunner.

For an elegant setting, bring out your best china, an embroidered tablecloth and candles. Filipino dishes can be served as elegantly as any other type of food. Set your china and silverware on a beautifully embroidered tablecloth with matching napkins. Use candles and a colorful fresh flower centerpiece as table accents.

Create your own theme for an exciting table setting. Use unique serving platters with varied textures such as china, stoneware, basket trays, clay or wood. Unusual folk art pieces as accents will make a table presentation interesting.





SALADS

Achara
Chicken Macaroni
Chicken Potato
Egg & Tomato
Eggplant
Green Leaf
Labanos
Papaya
Pipino



Salads are typically served in small amounts as side dishes to pan-fried marinated meats or seafood. Some salads such as macaroni and potato salads are sometimes served at buffet tables during special get-togethers.



ACHARA

(Pickled Vegetables)

1-1/2 cups grated raw papaya
1/4 cup grated carrot
1/4 cup sweet red pepper, thinly sliced, 1-inch length
2 tablespoons raisins
1 teaspoon finely chopped fresh ginger
1/2 cup vinegar
1/2 cup sugar
1/2 teaspoon salt
1/8 teaspoon black ground pepper

Mix grated papaya, carrot, sweet red pepper and raisins in a microwaveable deep glass bowl. Set aside.

Boil the vinegar, sugar, ginger, salt and pepper uncovered in a glass cooking pan for 3-4 minutes. Immediately pour boiling mixture into the vegetables, making sure everything is covered by the liquid. Microwave mixture in high heat for 1 minute. Remove from microwave and cover bowl with a saucer that seals all openings. Open bowl after 5-10 minutes. Let cool. Put lid back when totally cooled and refrigerate for 3 days or more before serving. Flavor improves considerably the longer the pickled vegetables stay in the refrigerator. Serve as a side dish for barbecued meats and seafood.

Serves 4-6

Tip: To grate raw papaya, cut it lengthwise into 4 pieces. Discard seeds and peel off skin. Wash papaya pieces, pat dry and grate in a regular cheese grater.

You may substitute sauerkraut in place of the raw papaya. Rinse sauerkraut in water, drain and thoroughly squeeze water and flavor out. Repeat this process four times.

Note: The microwave cooking procedure may be omitted if you do not have a microwave oven.

CHICKEN MACARONI SALAD

1-1/2 cups elbow macaroni
1 medium-sized chicken breast, boiled and shredded
1 20-oz. can pineapple tidbits, drained
1 apple, cubed into small pieces
2-1/2 tablespoons sweet relish
1/3 cup light mayonnaise or desired amount to taste
1/2 teaspoon sugar
salt to taste

Cook the macaroni pasta according to package directions. Drain and set aside in a bowl. Gently blend shredded chicken, pineapple tidbits, apple pieces, sweet relish, mayonnaise, sugar and salt with the macaroni. Chill thoroughly before serving.

Serves 4-5

Note: You may also add 1/3 cup raisins to this salad, if desired.



CHICKEN POTATO SALAD

4 medium-sized potatoes, boiled, peeled and cubed
1 medium-sized chicken breast, boiled and shredded
1 carrot, boiled and cubed
1 apple, cubed into small pieces
1 20-oz. can pineapple tidbits, drained
2-1/2 tablespoons sweet relish
1/3 cup light mayonnaise or desired amount to taste
1/2 teaspoon sugar
salt and pepper to taste
lettuce leaves

After boiling potatoes, remove them from water and let cool in the refrigerator before peeling skin and cutting into cubes. The potatoes will be firmer for easier handling.

Gently combine all ingredients in a bowl. Chill thoroughly before serving. Serve on lettuce leaves.

Serves 4-5

Note: You may add or substitute 1/2 cup cubed beets in place of the carrot cubes. The beets will give a pinkish color and an interesting flavor to this salad.

EGG & TOMATO SALAD

5 hard-boiled eggs
2 medium-sized salad tomatoes, diced
salt to taste
lettuce leaves

Peel eggs and dice in small pieces. Season with salt to taste. Season diced tomatoes with salt to taste. Gently combine the hard-boiled eggs and tomatoes. Let stand for 20 minutes in the refrigerator. Serve on lettuce leaves.

Serves 4-5

Note: For a less salty salad and for convenience, I substituted regular hard-boiled eggs in place of the traditional salted eggs. This salad is sometimes eaten as a main dish with steamed or fried rice.

EGGPLANT SALAD

- 2 medium-sized Japanese eggplants (*talong*)
- 2 tablespoons minced onions
- 1/3 cup coconut milk
- salt and pepper to taste
- sweet red pepper slices for garnish

Wash eggplants then cut crosswise into 1/2-inch thick pieces. Lightly brush both sides of eggplant pieces with oil. Place in a pan and broil in oven at 400° until cooked and browned. Eggplant is cooked when meat is soft. Remove from broiler and set aside.

In a saucepan, combine the coconut milk, minced onions, a little salt and pepper to taste, then bring to a boil over medium heat. Pour this dressing over eggplants. Garnish with thin slices of sweet red pepper.

Serves 2-3



GREEN LEAF SALAD

(Spinach Salad)

- 1 bunch fresh spinach, cut into 2-inch pieces
- 1 medium-sized tomato, diced
- 2 stalks green onions, finely sliced crosswise
- 1 teaspoon fish sauce (*patis*)
- lemon slices

Wash and drain spinach. Blanch in boiling water for 20-30 seconds. Transfer spinach to a colander and place under cold running water for 1 minute. Drain thoroughly.

Combine tomato, green onions, spinach and fish sauce. Sprinkle lemon juice before serving.

Serves 3-4

Note: Due to easy availability, spinach is substituted for kangkong vegetable usually used for this salad.

LABANOS SALAD

(Radish Salad)

2 cups labanos (*daikon* or oriental radish), thinly sliced
1 medium-sized tomato, thinly sliced
1 tablespoon chopped green onions
1/2 cup flaked smoked fish
1/4 cup vinegar
1 tablespoon sugar
1/2 teaspoon salt
ground black pepper to taste

Mix vinegar, sugar, salt and pepper until well blended. Set aside. Blanch labanos in salted boiling water for 30 seconds. Transfer to a colander and place under cold running water for 1 minute. Drain thoroughly and set aside.

Combine labanos, tomato, green onions and flaked smoked fish in a bowl. Add the vinegar mixture. Mix together gently. Chill thoroughly before serving.

Serves 4-6

PAPAYA SALAD

- 1 firm ripe papaya
- 1 teaspoon lemon juice
- 1-1/2 teaspoon sugar

Cut papaya in half lengthwise. Remove seeds. Cut halves into three slices each, lengthwise. Peel skin with a sharp knife. Cut papaya slices diagonally 1/2-inch thick. Place in a serving dish. Sprinkle with sugar and lemon juice. Stir gently to blend flavors. Chill thoroughly before serving. Serve on top of lettuce leaves.

Serves 2-3

Tip: Combine sliced bananas with the papaya slices just before serving for a special tropical salad.

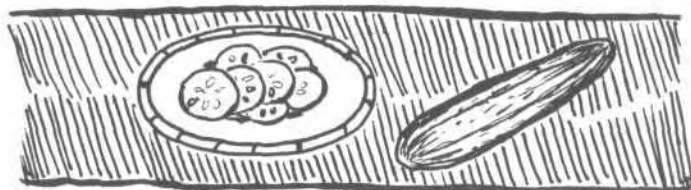
PIPINO SALAD

(Cucumber Salad)

1 large cucumber
2 tablespoons vinegar
1/8 teaspoon salt
1 tablespoon sugar
ground black pepper to taste
lettuce leaves
sweet red pepper, thinly sliced for garnish

In a bowl, combine vinegar, salt, sugar and black pepper. Set aside. Peel cucumber, then slice thinly crosswise. Combine dressing mixture and cucumber slices. Chill thoroughly before serving. Serve on lettuce leaves. Garnish with a small amount of sliced sweet red pepper.

Serves 3-4





MAIN DISHES

BEEF • CHICKEN • PORK

SEAFOOD

MIXED MEAT & OTHER DISHES



A variety of recipes that includes beef, chicken, pork and seafood will find its way into your culinary adventure. Soups which have substantial cuts of meats and vegetables are included in this book as main dishes. It is usual to prepare two main dishes to serve in a family-style Filipino table. Steamed rice plays a major part in the enjoyment of these main dishes.

Adjust recipes accordingly if preparing for a big group.



BEEF DISHES

Bistek
Caldereta
Empanada
Estofado
Kare-Kare I & II
Mechado
Morcon
Nilaga
Picadillo
Sinigang
Tapa



BEEF CALDERETA

(Beef Stewed in Tomato Sauce)

- 2 lbs. beef sirloin, cut into serving pieces
- 2 tablespoons lemon juice
- 1/2 teaspoon black peppercorns, cracked
- 3 cloves garlic, minced
- 1/2 teaspoon salt or desired amount to taste
- 1/4 teaspoon sugar
- 2 tablespoons olive oil
- 1 medium-sized onion, chopped
- 1 medium-sized tomato, chopped
- 1 tablespoon tomato paste
- 2 cups water
- 1 bay leaf
- 1/2 cup green olives, drained
- 1/2 cup sweet red pepper slices
- 1-2 hot chili peppers (optional)

Marinate beef in a mixture of lemon juice, peppercorns, salt and garlic for 2 hours in the refrigerator. In a deep non-stick pan over medium high heat, fry beef pieces in 1 tablespoon olive oil until browned. Set aside.

In the same pan over medium heat, sauté onion in 1 tablespoon olive oil for 1 minute. Add beef pieces, tomato, tomato paste, water, sugar, bay leaf and a little salt. Cover pan, bring to a boil, then simmer over medium low heat for 1 hour or more until meat is tender. Stir occasionally. Add a little water if more sauce is preferred. Add green olives and hot chili pepper. Continue to simmer for 5-8 minutes. Correct seasonings to taste. Turn off heat. Add sweet red pepper slices last and cover for 1-2 minutes. Serve warm with steamed rice.

Serves 4-6

Tip: You may use a dash of hot dried chili peppers in place of the fresh chili. Add more if you want an extra hot dish.

BEEF EMPANADA

(Beef Turnovers)

Beef Filling:

1-1/2 lbs. lean ground beef	1/2 cup raisins
1 onion, chopped	1 large potato, coarsely grated
salt and pepper to taste	1 tablespoon vegetable oil

Cook lean ground beef. Drain fat. Set meat aside. Sauté onion in oil over medium heat for 1 minute. Add ground beef, potato, raisins, salt and pepper. Cover and simmer for 20-30 minutes. Stir occasionally. Let cool.

Pastry Recipe:

3 cups flour	3/4 cup vegetable shortening
2-1/2 tablespoons sugar	1/2 cup ice water
3/4 teaspoon salt	3 egg yolks

Combine flour, salt and sugar in a bowl. Cut in shortening with a pastry blender until mixture is crumbly. Combine egg yolks and ice water and blend into flour mixture until it turns into dough. Add a little more water if dough is still crumbly. Refrigerate for 30 minutes. With a rolling pin, roll dough thinly, about 1/4 inch thick, on a lightly floured board. Roll up dough to a long thin roll. Cut into slices about 1-inch thick. Flatten each slice thinly into a circle about the size of a small saucer. Fill middle of round dough with beef filling. Fold to a half circle and press edges firmly with tines of a fork to seal. Repeat procedure with remaining pastry and filling. Deep fry in vegetable oil over medium heat until golden brown.

Yield: 20-22 pieces

Tip: You may double this recipe and freeze uncooked empanada for future cooking.

BEEF ESTOFADO

(Beef with Vegetables in Sauce)

2 lbs. boneless beef sirloin tip roast, cut into 1 lb. chunks
1-2 tablespoons flour
vegetable oil for frying
2 cloves garlic, minced
1 medium-sized onion, sliced
2 medium-sized tomatoes, sliced
2-3 cups water
1/4 cup vinegar
1 bay leaf
2 carrots, sliced diagonally, 1/2-inch thick
6 small potatoes, peeled
12 fresh whole mushrooms
salt and pepper to taste

Season beef with a little salt and pepper. Rub beef with flour. In a deep pan over medium high heat, brown meat surface in a little oil. Set aside.

In the same pan over medium heat, sauté garlic in 1 tablespoon oil until lightly browned. Add onion and tomatoes. Cook for 3 minutes. Add beef, vinegar, water, bay leaf and a little salt and pepper. Cover pan, bring to a boil, then reduce heat to medium low and simmer for about 1 hour and 30 minutes or until meat is almost tender. Turn beef and stir sauce occasionally. Add a little more water for more sauce. Correct seasonings to taste. Add carrots and potatoes. Cover and continue cooking for another 10-15 minutes or until vegetables are done. Add mushrooms last. Cook for 2 more minutes. Remove vegetables carefully. Set aside. Transfer beef to serving platter. Let cool a little then slice into serving pieces. Pour just enough sauce on beef and arrange vegetables around it. Serve warm.

Serves 4-6

BEEF MECHADO

(Simmered Roast Beef)

- 2 lbs. beef rump roast, cut into 1 lb. chunks
- 2 lean ham slices
- vegetable oil for pan-frying
- 3 cloves garlic, minced
- 1 medium-sized onion, sliced
- 2 tablespoons lemon juice
- 2 tablespoons soy sauce
- 1 cup tomato sauce
- 2 cups water
- 1 bay leaf
- 1/2 teaspoon black peppercorns, cracked
- 1/2 teaspoon sugar
- salt to taste
- 2 medium-sized potatoes, sliced crosswise, 1/4-inch thick
- 1 carrot, sliced diagonally, 1/4-inch thick

Make a slit lengthwise through the middle of the beef, then insert ham slices. Season lightly with salt. In a deep pan over high heat, brown meat surface in a little oil. Set aside. In the same pan over medium heat, sauté garlic and onion in 1 tablespoon oil until lightly browned. Add meat, lemon juice, soy sauce, tomato sauce, water, bay leaf, peppercorns, sugar and a little salt. Cover pan, bring to a boil, reduce heat to medium low and simmer for 1 hour and 30 minutes or until meat is tender. Turn meat and stir sauce occasionally. Correct seasonings to taste. Add potatoes and carrot and simmer for 10-15 minutes until cooked.

Take meat out of its sauce. Let cool a little, then slice into serving pieces and set on a platter for garnishing. Pour warm sauce on sliced meat. Arrange potatoes and carrots around meat on platter. Serve immediately.

Serves 4-6

BEEF PICADILLO

(Ground Beef with Tomatoes and Potatoes)

1-1/2 lbs. lean ground beef
2 cloves garlic, minced
1 tablespoon vegetable oil
1 medium-sized onion, chopped
1 medium-sized tomato, chopped
1 large potato, cubed in small pieces
2 tablespoons light soy sauce
1/3 cup water
1/2 cup sweet red pepper, cubed into small pieces
salt and pepper to taste

Cook lean ground beef in skillet. Season lightly with salt. Drain fat. Set meat aside.

In a pan over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomato, cook until soft. Add cooked meat, potato, soy sauce, water, salt and pepper. Cover and simmer for 20-25 minutes or until meat and potato cubes are tender. Add sweet red pepper cubes last to add color. Cook for 1-2 minutes. Correct seasonings to taste. Serve immediately.

Serves 4-6

BEEF TAPA

(Pan-Fried Marinated Beef)

2 lbs. sirloin beef, sliced thinly into desired serving pieces
6 tablespoons sugar
2 tablespoons salt
pepper to taste
vegetable oil for pan-frying

Thoroughly combine sugar, salt and pepper in a small wide bowl. Dip both sides of the sliced beef into this mixture. Marinate beef in the refrigerator for 24 hours. Stir beef around occasionally to distribute flavor evenly.

In a non-stick skillet over medium heat, pan-fry beef pieces in a little oil until browned on both sides. Serve warm.

Serves 4-6

Tip: This dish may be prepared ahead and frozen for future use. Great for breakfast with Filipino-style fried rice.

I eliminated the saltpeter (potassium nitrite) chemical which is usually included in the marinade.

BISTEK

(Beef Steak, Filipino Style)

8 beef sirloin slices (1/4-inch thick, 3-inch wide)
salt to taste
vegetable oil for frying
1 medium-sized onion, sliced in rings, separated
1 tablespoon lemon juice
1-1/2 tablespoons light soy sauce

Season the beef sirloin slices lightly with salt. In a non-stick skillet over medium heat, pan-fry beef slices in a little oil, browning both sides until medium well done (2-3 minutes cooking on each side). Remove meat from skillet. Arrange on a serving platter.

In the same skillet, add 1 tablespoon oil. Sauté onion slices over medium high heat for 1 minute. Add lemon juice and soy sauce. Cook for another 30 seconds. Pour onion slices and sauce over beef on platter. Serve immediately with steamed rice.

Serves 4



KARE-KARE I

(Oxtail in Coconut Milk Sauce)

- 3 lbs. oxtail pieces
- 3 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 tablespoon vegetable oil
- 2 cups diluted coconut milk
- 1/2 cup annatto water (see page 12)
- 2 cups fresh green beans, cut into 2-inch pieces
- 2 Japanese eggplants, thickly sliced diagonally
- 1 bunch fresh spinach, cut into 3-inch pieces
- salt to taste

In a covered deep pan over medium high heat, bring oxtail pieces to a boil in enough water to cover it. Reduce heat to medium low and simmer for about 3 hours or until meat is tender. Season with salt. Set aside. Remove fat from top of liquid.

In a deep pan over medium heat, sauté garlic in oil until lightly browned. Add onion, cook for 1 minute. Add coconut milk, annatto water and cooked oxtail pieces with 1 cup of its liquid. Cover and let boil gently in medium heat for 8 minutes. Add green beans and eggplants. Cook for another 8-10 minutes or until vegetables are tender. Turn off heat. Add spinach, cover for 1 minute. Serve with the sautéed salted shrimp fry sauce. Use sauce sparingly.

Serves 4-6

Sautéed Salted Shrimp Fry Sauce (*Bagoong Guisado*):

This can be bought ready-made in a jar at an Asian food store.

Note: If you cannot find ready-made sautéed salted shrimp fry, sauté in a little oil 2 cloves minced garlic, diced small onion and tomato, 1 teaspoon vinegar, a pinch of sugar and 1/3 cup salted shrimp fry until cooked.

KARE-KARE II

(Oxtail in Peanut Butter Sauce)

- 3 lbs. oxtail pieces
- 3 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 tablespoon vegetable oil
- 1/2 cup annatto water (see page 12)
- 1/2-2/3 cup peanut butter
- 2 cups fresh green beans, cut into 2-inch pieces
- 2 Japanese eggplants, sliced thick diagonally
- 1 bunch fresh spinach, cut into 3-inch pieces
- salt to taste

In a covered deep pan over medium high heat, bring oxtail pieces to a boil in enough water to cover it. Reduce heat to medium low and simmer for about 3 hours or until meat is tender. Season with salt. Set aside. Remove fat from top of liquid.

In a deep pan over medium heat, sauté garlic in oil until lightly browned. Add onion, cook for 1 minute. Add cooked oxtail pieces with 2 cups of its liquid, peanut butter and annatto water. Stir thoroughly to blend flavors. Cover and simmer for 8 minutes. Add green beans and eggplants. Cook for another 8-10 minutes or until vegetables are tender. Turn off heat. Add spinach, cover for 1 minute. Serve immediately. Serve with sautéed salted shrimp fry sauce. Use sauce sparingly.

Serves 4-6

Sautéed Salted Shrimp Fry Sauce (*Bagoong Guisado*):

This can be bought ready-made in a jar at an Asian food store. See note on page 41.

MORCON

(Stuffed Beef Sirloin)

2 lbs. beef sirloin roast, sliced into 1/4-inch thick flat strip
1-1/2 tablespoons soy sauce
1 tablespoon lemon juice
2 cloves garlic, minced
1/4 teaspoon black peppercorns, cracked
4 slices of lean cooked ham
1 Polish Sausage, sliced lengthwise into 4 pieces
2-3 pieces sweet pickled gherkins, sliced lengthwise in half
1 tablespoon vegetable oil
2-3 cups water
1 bay leaf
1 small onion, chopped
1/2 cup tomato sauce
salt and pepper to taste
carrot slices and parsley leaves for garnish

Pound beef strip to a size about 10 inches wide and 14 inches long. Marinate beef in soy sauce, lemon juice, garlic and peppercorns for 1 hour. Lay flat the beef strip. Arrange ham, sausage and gherkins in a row on one edge of beef width. Roll beef from this edge, like you would a jelly roll, and tie with a strong thread.

In a large deep non-stick pan over medium high heat, fry meat surface in oil until lightly browned. Add water, bay leaf, onion, tomato sauce and a little salt and pepper. Reduce heat to medium low, cover and simmer for about 1 hour and 30 minutes or until meat is tender. Turn meat occasionally. Correct seasonings. Transfer meat to a serving platter, let cool, remove thread and slice into serving pieces. Garnish with slices of carrots and parsley leaves. Serve with its gravy.

Serves 6-8

Note: Polish sausage is substituted for the Chorizo de Bilbao.

NILAGANG BAKA

(Beef Soup)

3 lbs. beef with bones, cut into serving pieces
5-7 cups water
1 medium-sized onion, sliced
2 medium-sized potatoes, quartered
1/4 teaspoon black peppercorns
1 tablespoon fish sauce (*patis*)
4-5 cups bok choy, cut into 2-inch pieces
salt to taste

In a covered deep pot over medium high heat, bring beef, onion, water and salt to a boil. Reduce heat to medium low and simmer for about 1 hour and 30 minutes or until beef is almost tender. Add potatoes, peppercorns and fish sauce and cook for about 10 minutes. Add the bok choy and continue cooking for another 5-6 minutes or until vegetables are tender. Correct seasonings to taste. Remove fat that may accumulate on top of soup. Serve immediately.

Serves 6-8

Tip: Use cut-up short ribs, if desired. Beef bones will give extra flavor to this soup.



SINIGANG NA BAKA

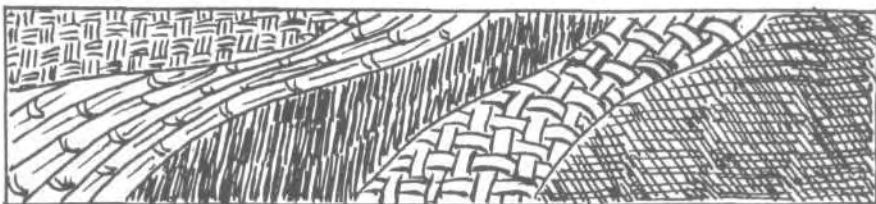
(Beef in Sour Soup)

3 lbs. beef short ribs
5-7 cups rice water (see page 12)
1 medium-sized onion, sliced
2 medium-sized tomatoes, sliced
1 tablespoon fish sauce (*patis*)
2 cups oriental radish (*daikon*) sliced diagonally
2-3 cups fresh green beans, cut into 3-inch pieces
1 hot chili pepper (optional)
juice of one lemon
salt and pepper to taste
slices of lemon

In a covered deep pot over medium high heat, bring to a boil the beef ribs, rice water, onion, tomatoes, fish sauce and salt and pepper to taste. Reduce heat to medium low and simmer for about 1 hour and 30 minutes or until meat is almost tender. Add radish, green beans, hot chili pepper and lemon juice. Cover and simmer for another 6-8 minutes or until vegetables are tender. Correct seasonings to taste. Remove vegetables from soup and set aside. Remove fat that may accumulate on top of soup. Just before serving, add vegetables to hot soup stock. Squeeze extra lemon juice on individual servings for extra tartness.

Serves 6-8

Note: You may substitute Chinese long beans (*sitao*) in place of green beans.



CHICKEN DISHES

Adobo
Apretada
Arroz Caldo
Arroz Valenciana
Barbecue
Caldereta
Empanada
Fried
Lumpia
Nilaga
Relleno I & II
Sinigang
Tinola



CHICKEN ADOBO

(Chicken Stew)

2-1/2 lbs. chicken, cut into serving pieces
3-4 cloves garlic, minced
1/2 cup white vinegar
1/4 teaspoon black peppercorns, cracked
1 bay leaf
2 tablespoons soy sauce
3/4 teaspoon salt or desired amount to taste
vegetable oil for frying

Combine all ingredients in a deep glass or stainless steel pan, coating chicken evenly with spices. Bring to a boil over medium heat, then reduce heat to medium low. Cover and simmer for about 30 minutes or until tender. Gently turn chicken occasionally during the course of cooking. Remove chicken pieces from sauce and pan-fry in a little oil until browned on both sides. Transfer to a serving platter. Remove fat from sauce then pour sauce over chicken if desired. Serve warm with steamed rice.

Serves 5-6

Tip: Flavor of this dish improves with time after cooking. It tastes even better when served the next day. Store in refrigerator.

CHICKEN APRETADA

(Chicken with Potatoes in Sauce)

- 2 lbs. chicken, cut into serving pieces
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 large tomato, sliced
- 2 medium-sized potatoes, quartered
- 2 tablespoons light soy sauce
- 1/4 cup water
- salt and pepper to taste
- 1/2 cup sweet red pepper, sliced

In a deep pan over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomato, chicken pieces, soy sauce and a little salt and pepper. Cook for 3 minutes. Add water. Cover and simmer in medium low heat for about 20 minutes or until chicken is almost tender. Stir occasionally. Add potatoes and continue simmering for another 10-15 minutes or until potatoes are tender. Correct seasonings to taste. Add sweet red pepper slices last, cook for 1 more minute. Serve immediately.

Serves 4-6



CHICKEN ARROZ CALDO

(Chicken Rice Soup)

1-1/2 lbs. chicken, cut into serving pieces
1 tablespoon vegetable oil
2-3 cloves garlic, minced
1 medium-sized onion, finely sliced
1 teaspoon finely sliced fresh ginger
1 cup rice grains
5-7 cups water
2 tablespoons fish sauce (*patis*)
5 stalks green onions, finely sliced for garnish
salt and pepper to taste

In a large non-stick soup pot over medium heat, sauté garlic in oil until lightly browned. Add ginger and onion, stir for a minute. Add chicken pieces and fish sauce and cook for another 3 minutes. Add rice, water and a little salt and pepper. Cover and simmer in medium low heat for about 40 minutes or until the consistency of a light creamed soup has been reached. Stir occasionally while cooking. Correct seasonings to taste. Stir in a small amount of sliced green onions. If rice soup becomes too thick, add a little water to thin it a bit. Garnish individual bowl servings with sliced green onions just before serving.

Serves 6-8

Tip: If you prefer, sprinkle a little lemon juice on the soup servings. This will give a pleasant tartness to this dish.

CHICKEN ARROZ VALENCIANA

(Special Chicken Rice Dish)

- | | |
|--|--|
| 2 pcs. deboned breasts,
cut into serving pieces | 1 cup frozen green peas |
| 3 tablespoons vegetable oil | 3 cups long-grained rice |
| 3 cloves garlic, minced | 3-4 cups chicken stock
for cooking rice |
| 1 medium-sized onion,
chopped | salt and pepper to taste |
| 2 medium-sized tomatoes,
chopped | 1/2 cup green olives
(optional) |
| 2 medium-sized potatoes,
cubed | 1/3 cup sweet red pepper,
sliced thinly |
| 1 tablespoon tomato paste | 2 hard-boiled eggs,
sliced for garnish |
| 3/4 cup water | |

Season chicken breast pieces lightly with salt and pepper and pan-fry in 2 tablespoons oil until browned. Set aside. In a deep pan over medium heat, sauté garlic, onion and tomatoes in 1 tablespoon oil. Add chicken and 3/4 cup water. Simmer in covered pan over medium low heat for about 10 minutes. Add potatoes, peas, sweet red pepper slices and olives. Correct seasonings. Cook for another 8-10 minutes or until potatoes are tender. Remove meat and vegetables and set aside. Remove fat from sauce. Reserve sauce. Let cool. Combine reserved sauce with 1 tablespoon tomato paste and enough chicken stock to have a total amount of approximately 4-1/2 cups. Use this combined mixture in place of water to cook rice. Mix rice and liquid well in a rice cooker before cooking. Season with a little salt and pepper to taste. Turn on rice cooker.

When rice is cooked, let cool a little then combine it gently with the meat and vegetable mixture in a shallow serving platter. Smoothen mixture with the back of a spoon for presentation. Garnish top with slices of hard-boiled eggs, green olives and sweet red pepper slices.

Serves 8-10

CHICKEN BARBECUE

2 lbs. chicken, quartered or cut into serving pieces

Marinade:

1/4 cup vinegar

3 tablespoons soy sauce

3 tablespoons sugar

3 cloves garlic, minced

1 teaspoon Worcestershire sauce (optional)

1/4 cup tomato ketchup

1/4 teaspoon black pepper or amount to taste

3/4 teaspoon salt or amount to taste

Combine all ingredients of the marinade. Prepare grill for barbecue. Parboil chicken pieces (see note below). Remove chicken pieces from boiling water and set aside. Baste generously with the marinade. Complete cooking chicken on the hot barbecue grill, frequently basting with marinade for flavor and moistness. Serve with pickled vegetables and steamed rice.

If preferred, chicken pieces can be marinated for 2-4 hours in the refrigerator, then baked in a preheated 350° oven for about 1 hour or until fully cooked. If baking chicken, do not parboil them. Baste chicken pieces occasionally with the marinade while baking.

Serves 4

Note: Chicken takes a long time to cook in the barbecue grill. Sometimes it gets burned before it is thoroughly cooked. Parboiling helps make the cooking process faster. To parboil, boil chicken pieces in water with a little salt for 3-4 minutes or until half-cooked.

CHICKEN CALDERETA

(Chicken Stewed in Tomato Sauce)

- 2 lbs. chicken, cut into serving pieces
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 medium-sized onion, finely chopped
- 1 medium-sized tomato, finely chopped
- 1/2-3/4 cup water
- 1 tablespoon tomato paste
- 1 tablespoon lemon juice
- 1 bay leaf
- 1 tablespoon light soy sauce
- 1/2 teaspoon sugar
- 1/2 cup green olives
- 1 hot chili pepper (optional)
- salt and pepper to taste
- 1/2 cup sweet red pepper slices

In a deep pan over medium heat, sauté garlic, onion and tomato in olive oil for 2 minutes. Add chicken, water, tomato paste, lemon juice, bay leaf, sugar, soy sauce, salt and pepper to taste. Cover and simmer for 25-30 minutes or until chicken pieces are almost tender. Add green olives and hot chili pepper. Cook for another 4-5 minutes. Add sweet red pepper slices last, cook for 1-2 minutes. Remove fat that may accumulate on top of sauce. Transfer dish to a shallow server. Serve immediately.

Serves 4-6

CHICKEN EMPANADA

(Chicken Turnovers)

Chicken Filling:

- | | |
|---|----------------------------|
| 2 cups chicken breast,
cooked and shredded | 1 cup frozen green peas |
| 1 large potato, coarsely grated | 1 tablespoon vegetable oil |
| 1 medium-sized onion,
finely chopped | salt and pepper to taste |

In a skillet over medium heat, sauté onion in oil for 1 minute. Add shredded chicken meat, potato, green peas, a little salt and pepper. Cover and simmer for 8-10 minutes until vegetables are cooked. Remove from skillet. Let cool.

Pastry Recipe:

- | | |
|-------------------------|------------------------------|
| 3 cups flour | 3 egg yolks |
| 2-1/2 tablespoons sugar | 1/2 cup ice water |
| 3/4 teaspoon salt | 3/4 cup vegetable shortening |

Combine flour, salt and sugar in a bowl. Cut in shortening with a pastry blender until mixture is crumbly. Combine egg yolks and ice water and blend into flour mixture until it turns into dough. Add a little more water if dough is still crumbly. Refrigerate for 30 minutes. With a rolling pin, roll dough thinly, about 1/4 inch thick, on a lightly floured board. Roll up dough to a long thin roll. Cut into slices about 1-inch thick. Flatten each slice thinly into a circle about the size of a small saucer. Fill middle of round dough with chicken filling. Fold to a half circle and press edges firmly with tines of a fork to seal. Repeat procedure with remaining pastry and filling. Deep fry in vegetable oil until golden brown.

Yield: 20-22 pieces

Tip: You may double this recipe and freeze uncooked empanada for future cooking.

CHICKEN LUMPIA

(Chicken Egg Rolls)

1 boiled chicken breast, shredded
1 tablespoon vegetable oil
1 clove garlic, minced
1 medium-sized onion, finely chopped
1 cup finely cubed potatoes
1/2 cup finely cubed carrots
1/2 cup cooked garbanzo beans
salt and pepper to taste
thin egg roll (*lumpia*) wrappers
vegetable oil for frying egg rolls

In a non-stick skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add and stir chicken meat, potato cubes, carrot cubes, garbanzo beans and salt and pepper to taste. Cover and simmer for 8-10 minutes or until vegetables are tender. Set aside to cool.

Separate egg roll wrappers into single sheets. Cover the wrappers with a damp dish towel to keep them from drying.

Take 2 tablespoonfuls of the mixture and wrap in egg roll wrapper. Repeat procedure for the rest of the filling and wrappers. In a non-stick skillet over medium heat, fry egg rolls in enough oil until browned on both sides. Drain in a colander. Serve with sweet and sour sauce (see page 68).

Serves 6-8

Tip: To wrap mixture in egg roll wrappers, place a sheet of wrapper on a plate. Diagonally place filling in a line on the middle of wrapper. Fold bottom edge up to the filling to cover it, then fold the right and left sides. Roll securely towards the other edge. Wet edge with a touch of water to make it stick.

CHICKEN RELLENO I

(Stuffed Whole Chicken)

- 1 whole 3-4 lbs. chicken, deboned
- 1/4 cup soy sauce
- 2 tablespoons lemon juice
- lettuce leaves and sweet red pepper slices for garnish

Filling:

- | | |
|--|--|
| 1-1/2 lbs. ground pork | 2 eggs, slightly beaten |
| 2-3 tablespoons sweet relish | 2 tablespoons flour |
| 2/3 cup frozen green peas | 1/2 cup raisins |
| 1/2 cup grated Monterey
Jack cheese | 3/4 cup lean sliced ham,
finely chopped |
| salt and pepper to taste | |

Debone chicken by making a vertical cut all the way across the middle of the chicken back with a sharp knife until you hit the bone part. From one side, carefully cut meat away from the bone all around the back and breast. Remove and discard bone. Leave wing and leg bones intact. Marinate chicken with soy sauce and lemon juice for one hour in the refrigerator.

Combine thoroughly all ingredients for the filling. Put filling inside the chicken cavity. With a needle and thread, sew chicken back to close so it will look whole again. On a wire rack in a pan, bake chicken in a preheated 350° oven for about 2 hours, or until cooked. Or, steam covered in a big steamer for about 1 hour and 45 minutes or until done. Remove chicken. After steaming, brush a little oil on chicken and broil in oven at 350° until golden brown. Leave oven door slightly open while broiling. Remove chicken from oven and let cool. Remove thread from meat. Cut chicken in half lengthwise then slice in serving pieces. Arrange on a platter and garnish with lettuce and sweet red pepper slices. Serve with banana sauce (see page 181).

Serves 6-8

CHICKEN RELLENO II

(Stuffed Chicken Breasts)

2 large chicken breasts, deboned
2 tablespoons soy sauce
1 tablespoon lemon juice
green pepper and sweet red pepper slices for garnish

Filling:

1-1/4 lbs. ground pork	2 eggs, slightly beaten
2-3 tablespoons sweet relish	2 tablespoons flour
3/4 cup frozen green peas	1/2 cup raisins
1/2 cup grated Monterey Jack cheese	3/4 cup lean sliced ham, finely chopped

salt and pepper to taste

Place chicken breasts on its back on a cutting board. With a small sharp knife, gently remove bones from breasts. Discard bones. Marinate breasts with soy sauce and lemon juice for 30 minutes. Prepare large steamer.

In a bowl, combine thoroughly all ingredients for the filling. Lay flat 1 breast and put enough filling lengthwise in the middle. Cover with the other breast putting edges together. Sew edges with a needle and thread from end to end to close and hold filling. Put in a shallow cooking pan and place in steamer. Steam covered for about 1 hour and 20 minutes or until meat is cooked. Remove chicken, let cool a little, then pan-fry chicken surface in a little oil until lightly browned. Let cool, remove thread and slice into serving pieces. Arrange on a platter. Garnish with green pepper and sweet red pepper slices. Serve with banana sauce (see page 181).

Serves 6-8

CHICKEN SINIGANG

(Chicken In Sour Soup)

- 2 lbs. chicken, cut into serving pieces
- 5-6 cups rice water (see page 12)
- 1 medium-sized onion, sliced
- 1 medium-sized tomato, sliced
- 2 cups fresh green beans, cut into 3-inch pieces
- 2 cups oriental radish (*daikon*) sliced diagonally
- 1 tablespoon fish sauce (*patis*)
- 1 hot chili pepper (optional)
- juice of 1 lemon
- salt and pepper to taste
- 1 bunch fresh spinach, cut into 3-inch pieces
- slices of lemon

In a covered deep glass or stainless steel pot over medium high heat, bring the chicken, water, onion, tomato, salt and pepper to a boil. Reduce heat to medium low and simmer for 25-30 minutes or until chicken is almost tender. Add the green beans, daikon, hot chili pepper, fish sauce and lemon juice. Continue cooking for 8-10 minutes or until vegetables are done. Correct seasonings to taste. Turn off heat. Add spinach and cover for 1 minute. Serve immediately. Sprinkle a little lemon juice on individual bowl servings for extra tartness.

Serves 5-6

Note: If you can find tamarind powder, you may use 1-2 tablespoons of this powder instead of the lemon juice to get the tart taste for this dish.

CHICKEN TINOLA

(Chicken Soup with Ginger & Vegetables)

- 2 lbs. chicken, cut into serving pieces
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1 teaspoon fresh ginger, thinly sliced
- 1 medium-sized onion, sliced
- 1 tablespoon fish sauce (*patis*)
- 4-5 cups water
- 1 small raw green papaya
- salt and pepper to taste
- 1 bunch fresh spinach, cut into 3-inch pieces

Peel papaya skin. Cut papaya lengthwise into 4-6 pieces, remove seeds and slice diagonally about 1/2 inch thick. Set aside.

In a deep soup pot over medium heat, sauté garlic in oil until lightly browned. Add ginger and onion, stir for a minute. Add chicken pieces and fish sauce. Cook for 3 minutes. Add water. Season with a little salt and pepper. Let boil, then simmer covered over medium low heat for 25-30 minutes. Add raw papaya and continue cooking for 6-8 minutes or until tender. Correct seasonings to taste. Turn off heat. Add spinach, cover for 1-2 minutes. Serve immediately.

Serves 4-5

FRIED CHICKEN

(Filipino Style)

2 lbs. chicken, cut into serving pieces
flour for dredging
vegetable oil for frying

Marinade:

3 tablespoons soy sauce
juice of 1 lemon
salt and pepper to taste

Blend marinade well and combine with the chicken pieces. Marinate for 4 hours in the refrigerator. Stir meat occasionally to distribute marinade evenly.

Roll chicken pieces in flour. In a non-stick skillet over medium heat, pan-fry chicken pieces in a little oil for 8-10 minutes on each side or until fully cooked and browned on both sides. Drain on paper towel. Serve immediately.

Serves 4-5

NILAGANG MANOK

(Chicken Soup)

- 2 lbs. chicken, cut into serving pieces
- 5-6 cups water
- 1 medium-sized onion, sliced
- 2 sweet corns on the cob, quartered
- 2 medium-sized potatoes, peeled and quartered
- 1/4 teaspoon black peppercorns
- 1 tablespoon fish sauce (*patis*)
- 4 cups bok choy, cut into 2-inch pieces
- salt to taste


In a covered deep pot over medium heat, bring the water, chicken pieces, onion, peppercorns and salt to a boil. Reduce heat to medium low and simmer for 25-30 minutes or until chicken is almost tender. Add potatoes, corn and fish sauce and cook for 10-12 minutes. Add bok choy and continue cooking for another 5-7 minutes or until vegetables are tender. Correct seasonings to taste. Remove fat that may accumulate on top of the soup. Serve immediately with steamed rice.

Serves 6-8



PORK DISHES

Adobo
Asado
Bachoy
Barbecue
Binagoongan
Dinuguan
Embutido
Lechon I & II
Longaniza
Lumpiang Shanghai
Menudo
Nilaga
Paksiw na Lechon
Paksiw na Pata
Sinigang
Tocino
Tokwa at Baboy



BACHOY

(Pork Ginger Soup)

- 1 lb. lean pork meat, sliced and cubed into small pieces
- vegetable oil for frying
- 3 cloves garlic, minced
- 1 teaspoon fresh ginger, finely sliced
- 1 small onion, chopped
- 1 tablespoon fish sauce (*patis*)
- 4-5 cups water
- 2 cups cut-up spinach leaves
- 3-4 stalks green onions, finely sliced
- salt and pepper to taste

In a non-stick skillet over medium heat, fry pork pieces in a little oil until cooked and browned. Set aside.

In a deep pan over medium heat, sauté garlic in 1 tablespoon oil until lightly browned. Add ginger and onion, stir for 30 seconds. Add fried pork cubes, water and fish sauce. Cover and bring to a gentle boil for 8-10 minutes. Season with salt and pepper to taste. Turn off heat. Add spinach, cover for 1-2 minutes. Serve immediately and garnish with green onions just before serving.

Serves 4

LECHON I

(Roast Pork)

3-4 lbs. pork sirloin roast
salt to taste
lettuce leaves for garnish

Lechon Sauce:

1 4-oz. can liver paté
1 small onion, finely chopped
1 tablespoon vegetable oil
1 cup water
3 tablespoons vinegar
3 tablespoons sugar
1/2 cup bread crumbs
salt and pepper to taste

Salt pork lightly. Place pork on a rack in a pan. Roast in a preheated 350° oven. Allow 25-30 minutes cooking time for each pound of pork.

In the meantime, prepare the lechon sauce. In a small pan over medium heat, sauté onion in oil until cooked. Add liver paté, water, vinegar, sugar, bread crumbs and salt and pepper to taste. Stir and let simmer for 8-10 minutes or until sauce has thickened. Correct seasonings. Set aside.

Cut roast pork into small serving pieces and arrange on a platter with lettuce leaves as garnish. Serve with the lechon sauce.

Serves 4-6

LECHON II

(Roast Pork)

3-4 lbs. pork meat with skin, cut into 2-3 large chunks
2 tablespoons light soy sauce
salt and pepper to taste
2 cloves garlic
water
vegetable oil

In a covered deep pan over medium heat, bring to a boil the pork, soy sauce, garlic, salt and pepper in enough water to cover meat. Reduce heat to medium low and simmer for 1 hour and 30 minutes or more until meat is tender. Remove pork from pan and let dry. Prick pork skin all over with a fork.

Set oven to broil at 325°. Brush pork skin with a little oil. With skin side up, place pork pieces on a wire rack in a pan and broil in oven until skin is brown and crispy. Leave oven door slightly open while broiling. Do not let meat burn. Remove from oven. Cut meat into serving pieces and serve with lechon sauce (see page 65) or vinegar sauce (see page 126).

Serves 4-6

Note: Pork skin will make popping sounds while broiling in the oven.

LONGANIZA PATTIES

(Breakfast Sausages in Patties)

2 lbs. lean ground pork
2 tablespoons flour

Marinade:

1/2 cup vinegar
2-1/2 tablespoons sugar
3 cloves garlic, finely chopped
1/8 teaspoon dried chili pepper (optional)
3/4 teaspoon salt or desired amount to taste
1/4 teaspoon pepper or desired amount to taste

Mix marinade ingredients together. Let stand for about 30 minutes.

Combine marinade with the ground pork and flour, blending mixture thoroughly. Marinate overnight in the refrigerator, stirring mixture occasionally to blend flavors. Make into hamburger-sized patties. Pan-fry in a non-stick skillet over medium heat until cooked and browned on both sides. Drain on paper towel. Serve warm.

Serves 4-6

Tip: Without sacrifice to taste, I eliminated the artificial red food coloring and the saltpeter (potassium nitrite) chemical usually included in this recipe, and simplified making the sausage by not putting it in casings.

Longaniza goes great with Filipino-style fried rice and an egg dish.

LUMPIANG SHANGHAI

(Meat Egg Rolls)

1 lb. lean ground pork
3/4 cup shrimps, finely chopped
1 cup waterchestnuts, finely chopped
1/2 cup onion, finely minced
3 stalks green onion, finely sliced
2 eggs, beaten
2 tablespoons soy sauce
salt and pepper to taste
thin egg roll (*lumpia*) wrappers
vegetable oil for frying

Combine and blend well the top seven ingredients. Season with salt and pepper. Separate egg roll wrappers into single sheets. Spoon a small amount of meat mixture and place diagonally in a thin line on the middle of a wrapper. Wrap into rolls. Wet edge with a touch of water to make it stick. You should get a thin long egg roll. Continue wrapping meat mixture.

In a skillet over medium heat, fry egg rolls when oil is hot enough. Fry both sides until golden brown. Make sure that the meat is cooked thoroughly. Cut crosswise into 3 parts for serving. Serve with sweet and sour sauce on the side.

Serves 6-8

Sweet and Sour Sauce:

1/2 cup ketchup
1/3 cup honey
1/8 teaspoon chili pepper (optional)
Mix and simmer in a small saucepan for 2-3 minutes or until well blended. Set aside.

Tip: Make a big batch of wrapped raw lumpia and freeze for future use. See tip on page 55 for wrapping egg rolls.

MENUDO

(Pork Cubes with Potatoes in Sauce)

4-5 cups pork, cubed into small pieces
2 tablespoons soy sauce
2 tablespoons vinegar
1/3 cup annatto water (see page 12)
1/2 cup water
2 medium-sized tomatoes, finely sliced
2 medium-sized potatoes, cubed into small pieces
3 tablespoons vegetable oil
1 medium-sized onion, chopped
1/2 cup sweet red pepper, cubed into small pieces
salt and pepper to taste

In a covered pan over medium high heat, bring to a boil the pork, soy sauce, vinegar, annatto water, tomatoes, salt and pepper. Reduce heat to medium low and let cook for 20-25 minutes or until meat is almost tender. In the meantime, pan-fry the cubed potatoes in 2 tablespoons oil until lightly browned. Set aside.

In a deep non-stick skillet over medium heat, sauté garlic in 1 tablespoon oil until lightly browned. Add onion and red pepper and stir for 1 minute. Add browned potatoes and cooked pork with its sauce. Simmer in medium heat for 10-15 minutes or until sauce is slightly thickened, stirring occasionally. Serve in a shallow serving dish.

Serves 4-6

NILAGANG BABOY

(Pork Soup)

3 lbs. country style spareribs with bones, cut into halves
5-6 cups water
1 medium-sized onion, sliced
2 medium-sized potatoes, peeled and quartered
1 tablespoon fish sauce (*patis*)
1/4 teaspoon black peppercorns
4-5 cups bok choy, cut into 2-inch pieces
salt to taste

In a covered deep pot over medium high heat, bring pork pieces, water, onion, fish sauce, salt and peppercorns to a boil. Reduce heat to medium low and simmer for about 1 hour or until meat is almost tender. Add potatoes and cook for 10 minutes. Add bok choy and continue cooking for another 5-6 minutes or until vegetables are tender. Correct seasonings to taste. Remove fat that may accumulate on top of soup. Serve immediately with steamed rice.

Serves 6-8

PAKSIW NA LECHON

(Roast Pork in Special Sauce)

- 1 lb. leftover roast pork (*lechon*), cut into serving pieces
- 1/4 cup lechon sauce (see page 65)
- 2 cloves garlic, minced
- 2 tablespoons vinegar
- 1-1/2 tablespoons brown sugar
- 1 tablespoon light soy sauce
- 1 bay leaf
- 1/4 teaspoon black peppercorns
- dash of oregano and cloves

Combine all ingredients together in a non-stick skillet. Cover and let boil, then simmer over medium low heat for 10-15 minutes or until all flavors have blended well into the meat. Stir occasionally while cooking. Serve with steamed rice.

Serves 3-4

PAKSIW NA PATA

(Pork Hocks in Special Sauce)

2 lbs. pork hocks
1/3 cup vinegar
1/4 cup soy sauce
1/2 cup water
1/4 cup packed brown sugar
1/2 cup dried banana blossoms (optional)
1 bay leaf
2 cloves garlic, minced
1/4 teaspoon black peppercorns
salt to taste
dash of oregano and cloves

Combine all ingredients together in a deep pot. Bring to a boil over medium high heat. Reduce heat to medium low, cover and simmer for 3 hours or more until meat is tender. If you choose to include banana blossoms, soak it first in water and remove its hard tips. Turn meat occasionally while cooking. Remove fat that will accumulate on top of the sauce when cooked. Serve with steamed rice.

Serves 4

PORK ADOBO

(Pork Stew)

- 2 lbs. boneless pork, cut into serving pieces
- 3-4 cloves garlic, minced
- 1/2 cup vinegar
- 1/4 teaspoon black peppercorns, cracked
- 3 tablespoons light soy sauce
- 3 tablespoons water
- 1 bay leaf
- 3/4 teaspoon salt or desired amount to taste

Combine all ingredients in a glass or stainless steel pan and bring to a boil over medium heat, uncovered. Reduce heat to medium low. Cover and simmer for about 1 hour or until meat is tender. Stir occasionally. Remove pork from sauce. Pan-fry pork pieces in a non-stick skillet until browned on both sides. Transfer to a deep serving platter. Remove fat from sauce, then pour sauce over meat pieces if desired. Serve warm with steamed rice.

Serves 4-6

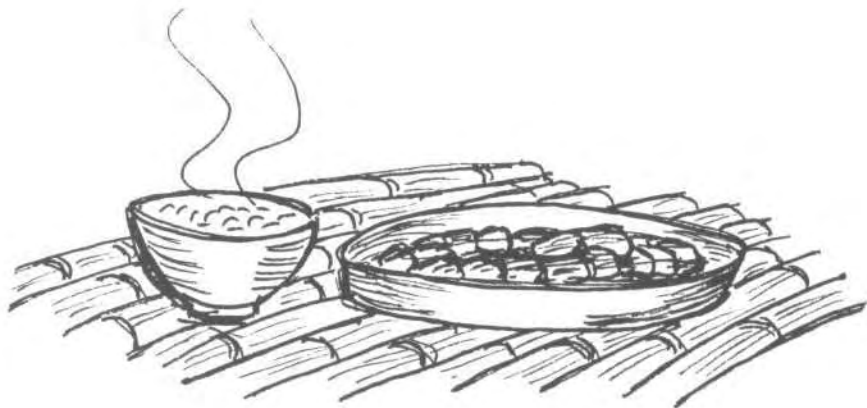
PORK ASADO

(Pork in Soy Sauce and Sugar)

1-1/2 lbs. boneless pork, cut into small serving pieces
1/4 cup light soy sauce
1/4 cup sugar
1/4 cup water
1 bay leaf
salt and pepper to taste (optional)

In a non-stick skillet, combine all ingredients together. Cover and simmer in medium low heat for 30-40 minutes or until meat is tender and liquid has evaporated. Stir occasionally. Turn meat to brown both sides and to blend flavor well. Serve with steamed rice.

Serves 4-5



PORK BARBECUE

3 lbs. boneless pork, sliced 1/4-inch thick, 2-inch wide
bamboo or metal skewers

Barbecue Marinade:

1/4 cup vinegar
3 tablespoons soy sauce
3 tablespoons sugar
3 cloves garlic, minced
1 teaspoon Worcestershire sauce (optional)
1/4 teaspoon black ground pepper or amount to taste
3/4 teaspoon salt or amount to taste
1/4 cup tomato ketchup

In a bowl, mix marinade together and let stand for 15 minutes. Marinate pork slices for 6 hours or overnight in the refrigerator. Stir meat occasionally to evenly distribute flavor.

Prepare barbeque equipment. Arrange meat slices in skewers. Place skewered pork on hot grill. Brush marinade on pork during the course of cooking. Make sure that meat is cooked thoroughly. Serve immediately.

Serves 6-8

PORK BINAGOONGAN

(Pork with Salted Shrimp Fry)

- 2 lbs. country style pork spareribs, cut into serving pieces
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, chopped
- 1 medium-sized tomato, chopped
- 1 tablespoon vinegar
- 2-3 tablespoons salted shrimp fry (*bagoong*)
- 1 cup water
- pinch of sugar
- pepper to taste

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, tomato, vinegar, salted shrimp fry, water, sugar, pepper and the pork pieces. Cover and simmer in medium low heat for about 1 hour or until meat is tender. Add more water if you prefer more sauce. Correct salted shrimp fry seasoning to taste. Stir occasionally to blend flavor well. Serve with steamed rice.

Serves 4-6

Note: The salted shrimp fry will give a strong fishy smell while being cooked. Burn a candle to neutralize the smell.

PORK DINUGUAN

(Pork Delicacy)

2 lbs. boneless pork, cut into big chunks
3-4 cups water
1 tablespoon vegetable oil
3 cloves garlic, minced
1 medium-sized onion, sliced
1/2 cup vinegar
pinch of sugar
salt and pepper to taste
1-2 hot chili peppers
1-1/2 cups pork blood solution mixed with 1/2 cup water

In a covered pot over medium heat, bring to a boil the boneless pork chunks in 3-4 cups water with a little salt for about 45 minutes or until tender. Remove pork, let cool, then cut into small cubes. Set aside. Remove fat from liquid and reserve stock.

In a deep pan over medium heat, sauté garlic in oil until lightly browned. Add onion and stir for one minute. Add the pork cubes, vinegar, pinch of sugar, a little salt and pepper and 3-4 cups pork stock. Cover and bring to a boil. Add the hot chili peppers and the pork blood solution mixed with 1/2 cup water, stirring constantly to obtain a smooth liquid. Simmer in medium heat for 15-20 minutes until blood is fully cooked. Correct seasonings to taste. Serve when liquid has settled and thickened a little, after about 30 minutes. Serve with steamed cakes (*puto*).

Serves 6-8

PORK EMBUTIDO

(Special Meat Loaf)

1-1/2 lbs. lean ground pork
3/4 cup lean ham, finely chopped
2 eggs, beaten
1 tablespoon flour
2-3 tablespoons sweet relish
1 tablespoon red pimiento, chopped (optional)
1 medium-sized onion, finely chopped
1/2 cup raisins
salt and pepper to taste
lettuce for garnish

Inside Garnish: (Optional)

2 hard-boiled eggs, quartered lengthwise
1 Polish sausage, cut lengthwise in half

In a bowl, combine thoroughly all ingredients except the garnish. Spread to about 8 inches wide by 8 inches long. Put a row of sausage slices horizontally in the middle of mixture, add hard-boiled eggs in a row beside the sausages. Roll and seal edges.

In a glass baking dish, either steam or bake the meat rolls. Steam covered for about 1 hour or until meat is done, or loosely cover with aluminum foil and bake in a preheated 350° oven for about 1 hour and 20 minutes or until done. When fully cooked, remove fat from container when cool enough to handle. Refrigerate. When ready to serve, slice rolls into 1/2-inch thick pieces. Arrange on top of green lettuce on a serving platter. Serve with a little ketchup or banana sauce (see page 181).

Serves 4-6

Note: If you choose not to put inside garnish, just mold mixture in a glass pan and proceed to steam or bake as above.

PORK TOCINO

(Barbecued Pork, Filipino Style)

2 lbs. pork, sliced thinly into serving pieces
6 tablespoons sugar
2 tablespoons salt
vegetable oil for pan-frying

Thoroughly combine sugar and salt in a small wide bowl. Dip both sides of sliced pork pieces into this mixture. Marinate in the refrigerator for 24 hours. Stir meat around occasionally to distribute flavor evenly.

In a non-stick skillet over medium heat, pan-fry pork slices in a little oil until cooked and browned on both sides. Serve for breakfast with fried rice and pickled vegetables on the side.

Serves 4-6

Note: I eliminated the artificial red food coloring and saltpeter (potassium nitrite) chemical usually used in this recipe.

Add black ground pepper to taste, if desired. This dish can be prepared ahead and frozen for future use.

SINIGANG NA BABOY

(Pork in Sour Soup)

- 3 lbs. country style pork spareribs, cut into serving pieces
- 1 medium-sized onion, sliced
- 2 medium-sized tomatoes, sliced
- 5-7 cups rice water (see page 12)
- 2 cups oriental radish (*daikon*) sliced diagonally
- 2 Japanese eggplants, sliced thick diagonally
- 1 hot chili pepper (optional)
- 1 tablespoon fish sauce (*patis*)
- juice of 1 lemon
- salt and pepper to taste
- 1 bunch fresh spinach, cut into 3-inch pieces
- slices of lemon

In a covered deep soup pot over medium high heat, bring to a boil the rice water, onion, tomatoes, pork, salt, pepper and fish sauce. Reduce heat to medium low and simmer for about 1 hour or until meat is almost tender. Add daikon, eggplants, lemon juice and hot chili pepper, and cook for another 8-10 minutes until vegetables are tender. Correct seasonings to taste. Turn off heat. Add spinach and cover pot for a minute. Serve immediately. Sprinkle lemon juice on individual bowl servings for extra tartness.

Serves 6-8

TOKWA AT BABOY

(Fried Tofu and Pork)

- 1 lb. boneless pork loin chops
- 2 cups fried tofu, cut into small cubes
- vegetable oil for pan-frying

Sauce:

- 1-1/2 tablespoons soy sauce
- 1-1/2 tablespoons vinegar
- 2 cloves garlic, minced
- salt and pepper to taste

In a non-stick skillet over medium heat, pan-fry meat in a little oil until tender and golden brown. Remove from pan and cut into small cubes. In same skillet, heat tofu cubes. Combine with pork cubes. Transfer to a serving plate.


Prepare sauce in a small dish by combining soy sauce, vinegar, garlic, salt and pepper. Pour sauce on the pork and tofu mixture. Serve as a side dish.

Serves 4-6



SEAFOOD DISHES

Adobong Pusit
Cameron Rebosado
Cardillo
Clam Soup
Crab Relleno
Daing na Isda
Fish Escabeche
Fish in Ginger & Onion
Fish Lumpia
Fish Relleno
Fish Sarciado
Ginataang Alimango
Guisadong Pusit
Guisadong Talaba
Hipon sa Gata
Inihaw na Hipon
Inihaw na Isda
Kilawing Talaba
Paksiw na Isda
Pesa
Pusit Relleno
Sinigang na Hipon
Sinigang na Isda
Tangy Salmon Steak
Tochong Isda



ADOBONG PUSIT

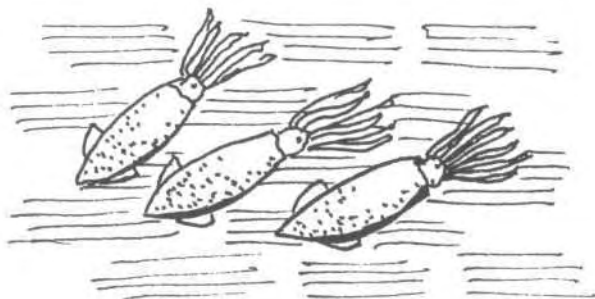
(Calamari Stew)

- 2 lbs. fresh squids, cleaned
- 3 cloves garlic, minced
- 2 tablespoons vinegar
- 1 tablespoon light soy sauce
- 1 tablespoon water
- salt and pepper to taste

In a skillet over medium heat, bring to a boil the garlic, vinegar, soy sauce, water, salt and pepper to taste. Add the cleaned squids while mixture is still boiling. Cook for another 3-4 minutes. Stir occasionally. Transfer cooked squids to a serving platter. Serve immediately.

Serves 4

Tip: Remove the transparent cartilage when cleaning squid.



CAMARON REBOSADO

(Prawns in Batter)

12 pieces large prawns
vegetable oil for deep-frying

Batter:

1 egg, beaten well
2 tablespoons cold water
1/4 cup cornstarch
salt and pepper to taste

Devein and butterfly prawns by slitting its back open. Leave tail intact for holding. Lightly sprinkle salt on prawns. Set aside.

Mix batter in a bowl by combining all ingredients until smooth. Prepare pan and oil for frying. Combine prawns with batter making sure all parts are covered. Make more batter if necessary. Deep-fry prawns individually in oil until golden light brown. Drain on paper towel.

Serve with sweet and sour sauce (see page 68).

Serves 4

CARDILLO

(Fish in Tomato & Egg Sauce)

1 salmon or rainbow trout, 1 lb.
flour for dredging
vegetable oil for frying
1 tablespoon olive oil
2 cloves garlic, minced
1 medium-sized onion, sliced thinly
1 medium-sized tomato, sliced
3/4 cup water
1 egg, beaten
salt and pepper to taste

Cut cleaned fish into serving pieces. Season with salt and dredge in flour. In a pan over medium heat, fry fish in enough oil until cooked and browned on both sides. Remove from pan and set aside.

In a skillet over medium heat, sauté garlic in olive oil until lightly browned. Add onion, tomato and salt and pepper to taste. Cook until tomato pieces are soft. Add water, cover and simmer for 3-5 minutes. Gently swirl in beaten egg. Place fried fish into sauce and heat through. Serve immediately.

Serves 2

CLAM SOUP

- 3 lbs. fresh clams
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 teaspoon ginger, finely sliced
- 1 medium-sized onion, sliced
- 1 tablespoon fish sauce (*patis*)
- 4-5 cups water
- 1 bunch fresh spinach, cut into 2-inch pieces
- salt and pepper to taste

Wash clams and set aside. In a deep pot over medium heat, sauté garlic in oil until golden brown. Add ginger and onion and stir for a minute. Add fish sauce, clams and water. Cover and bring to a boil. Reduce heat to medium low. Clams are cooked when its shells open up. Correct seasonings to taste. Turn off heat and add the spinach. Cover pot for a minute. Serve immediately.

Serves 4



CRAB RELLENO

(Stuffed Crab Shells)

- 1 cup cooked crab meat
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, chopped
- 1 medium-sized tomato, chopped
- 1 medium-sized potato, coarsely grated
- 3 eggs, beaten with salt and pepper to taste
salt and pepper to taste
- 4 small clean and empty crab shells for stuffing (optional)
- vegetable oil for pan-frying
- lettuce leaves for garnish

In a non-stick pan over medium heat, sauté garlic in oil until lightly browned. Add onion and stir for a minute. Add tomato, grated potato and salt and pepper to taste. Cook for about 4 minutes or until potato is almost tender. Stir in crab meat and cook for another 4 minutes. Remove from heat and add to beaten eggs in a bowl. Stir to blend.

In a non-stick skillet over medium heat, pan-fry 2-3 tablespoons of this mixture in a little oil until browned on both sides. Serve this dish as is, or pack the cooked mixture into the empty crab shells. Arrange on a serving platter with lettuce leaves as garnish.

Serves 4

DAING NA ISDA

(Marinated Fish)

1 whole 2-3 lbs. milkfish (*bangus*), or fish of your choice
3-4 tablespoons vinegar
3-4 cloves garlic, minced and sliced finely
salt and pepper to taste
vegetable oil for frying
sliced tomato pieces for garnish

Clean fish and cut lengthwise along its back. Remove the fish skeletal bone and spread fish flat on a large platter. If desired, cut fish into serving pieces. Mix garlic, vinegar, salt and pepper. Marinate fish with this mixture for 4-6 hours.

In a non-stick skillet over medium heat, pan-fry marinated fish in enough oil until cooked and browned on both sides. Transfer to a serving platter. Garnish with sliced tomato pieces.

Serves 4-5

FISH ESCABECHE

(Fish in Sweet & Sour Sauce)

- 1 whole 2-3 lbs. red snapper, cleaned
- flour for dredging
- vegetable oil for frying
- 1 teaspoon ginger, sliced thinly
- 1 medium-sized onion, sliced into rings, separated
- 1 small carrot, sliced thinly into 2-inch strips
- 3/4 cup water
- 1 tablespoon light soy sauce
- 2 tablespoons vinegar
- 2 tablespoons sugar
- 3 tablespoons ketchup
- 2 teaspoons tapioca starch mixed with
1 tablespoon water
- 1/2 cup sweet red pepper, sliced thinly diagonally
- salt and pepper to taste

Sprinkle salt lightly on fish. Dredge fish in flour. In a non-stick skillet over medium heat, fry fish in enough oil until golden brown and thoroughly cooked. Set aside in a serving platter.

Prepare the sweet and sour sauce. In a non-stick pan over medium heat, sauté ginger in 1 tablespoon oil for 20 seconds. Add onion rings and carrot slices. Stir for 1 minute. Stir in water, soy sauce, vinegar, sugar, ketchup and salt and pepper to taste. Let boil for 2-3 minutes. Add the tapioca/water mixture, stirring constantly until sauce has thickened. Turn heat off and add the sweet red pepper slices. Pour sauce on top of the fish. Serve immediately.

Serves 4-6

FISH IN GINGER & ONION

- 1 whole 2 lbs. salmon or red snapper
- 2 teaspoons fresh ginger, finely sliced
- 4 stalks green onions, cut into 2-inch pieces
- 3 tablespoons vegetable oil
- 3 tablespoons soy sauce
- salt and pepper to taste

Lightly sprinkle salt and pepper on cleaned fish. Steam fish in a pan in a big steamer for 20-30 minutes or until cooked. Remove pan with fish from steamer and let cool. When totally cooled, transfer fish to a large platter.

In a skillet over medium high heat, stir-fry the ginger and green onion in 3 tablespoons oil for 10 seconds. Stir continuously while cooking. Add soy sauce and blend for another 10 seconds then pour this sauce mixture on the fish. Arrange green onions on top of fish. Serve immediately with steamed rice.

Serves 4-5

FISH LUMPIA

(Fish Egg Rolls)

2 cups flaked cooked rainbow trout or salmon
1 tablespoon vegetable oil
1 medium-sized onion, finely chopped
1 medium-sized tomato, finely chopped
2 stalks green onion, sliced finely
salt and papper to taste
thin egg roll (*lumpia*) wrappers
vegetable oil for frying egg rolls

In a non-stick skillet over medium heat, sauté onion, green onions and tomato in oil. When tomato pieces are soft, add flaked fish. Season with salt and pepper to taste. Simmer for 3-5 minutes or just until flavor is well blended. Stir occasionally while cooking. Set aside. Let cool.

Take small portions of the mixture and wrap in egg roll wrappers (see tip on page 55). Wrapped egg rolls should be thin, about 1/2 inch in diameter. In a pan over medium high heat, fry egg rolls in enough oil until browned on both sides. Drain on paper towel. Serve warm as an appetizer or a side dish. If desired, serve with banana sauce (see page 181).

Serves 4-6

FISH RELLENO

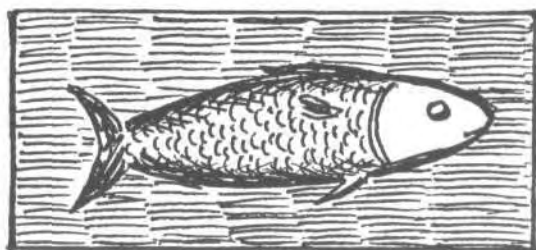
(Stuffed Fish)

- 1 whole 2-3 lbs. milkfish (*bangus*) or rainbow trout
- 1 medium-sized onion, finely chopped
- 2 medium-sized tomatoes, finely chopped
- salt and pepper to taste
- lettuce leaves for garnish

Preheat oven to 350°. Cut cleaned fish lengthwise along its back to the stomach. Spread flat on a platter. Remove fish skeletal bone. Lightly sprinkle salt on fish. Combine onion and tomatoes and season with salt and pepper. Spread this mixture evenly on top of the fish flesh. Put back the two edges of the fish together and sew with a needle and thread to hold it together.

Place fish in a shallow container and bake in oven for about 1 hour or until cooked. Drain excess liquid from pan. Brush a little oil on fish and broil at 350° for 2-3 minutes or just until golden brown. Leave oven door slightly open while broiling. Remove from oven. Let cool a little then remove thread. Serve on a platter with lettuce leaves as garnish.

Serves 6-8



FISH SARCIADO

(Fish with Sauce)

1-2 lbs. salmon or rainbow trout, sliced into serving pieces
flour for dredging
vegetable oil for frying
2 cloves garlic, minced
1 medium-sized onion, finely chopped
1 medium-sized tomato, finely chopped
2 tablespoons soy sauce
3 tablespoons water
salt and pepper to taste
parsley for garnish

Lightly sprinkle salt on fish. Dredge fish in flour. In a pan over medium heat, fry fish in enough oil until cooked and browned on both sides. Remove from pan and set aside on a platter.

In a skillet over medium heat, sauté garlic in a little oil until lightly browned. Add onion, tomato, soy sauce, water and a little salt and pepper, and simmer for 4-5 minutes or until tomatoes are soft. Pour sauce on top of fish. Garnish with parsley.

Serves 4-5

GINATAANG ALIMANGO

(Crabs in Coconut Milk)

2 large crabs
1 clove garlic, minced
1 teaspoon ginger, finely sliced
1 teaspoon vegetable oil
 $\frac{2}{3}$ cup coconut milk
1 hot chili pepper
salt and pepper to taste

Steam crabs until cooked. Set aside and let cool. When cooled, remove crab shells and cut the part with the crab meat in quarters.

In a skillet over medium heat, sauté garlic and ginger in oil until lightly browned. Add coconut milk, hot chili pepper and salt and pepper to taste. Let boil, then add crab pieces and simmer for 5-7 minutes. Serve immediately with rice.

Serves 4



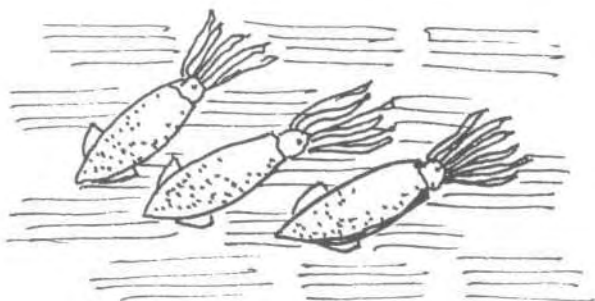
GUISADONG PUSIT

(Sautéed Calamari)

- 2 lbs. medium-sized squids, cleaned
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, finely minced
- 1 medium-sized tomato, finely sliced
- 1 tablespoon vinegar
- 2 tablespoons soy sauce
- 2 stalks green onions, sliced
- salt and pepper to taste

In a non-stick skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomato, vinegar and soy sauce, and simmer for 5 minutes. Add squids and continue cooking for another 3-5 minutes or until squids are just cooked. Correct seasonings to taste. Transfer dish to a serving platter, garnish with sliced green onions on top and serve immediately.

Serves 4



GUISADONG TALABA

(Sautéed Oysters)

- 12 pieces shucked oysters
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 medium-sized onion, sliced
- 1 medium-sized tomato, sliced
- salt and pepper to taste
- 2 stalks green onions, finely sliced

Sprinkle salt lightly on oysters. Set aside. In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for a minute, then add tomato and salt and pepper to taste. Cook for 2-3 minutes until tomato slices are soft. Add oysters. Continue cooking for another 2-3 minutes or until oysters are done. Stir occasionally. When cooked, transfer to a serving dish and garnish with green onion slices on top.

Serves 4

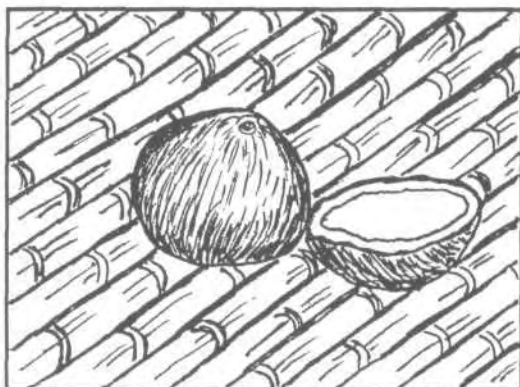
HIPON SA GATA

(Prawns in Hot Coconut Milk Sauce)

1-1/2 lbs. prawns with shells
1/2 cup coconut milk
2 cloves garlic, minced
1 teaspoon finely chopped fresh ginger
1 teaspoon vegetable oil
1 hot chili pepper
salt and pepper to taste

Wash prawns. Set aside. In a saucepan over medium heat, sauté garlic and ginger in oil until lightly browned. Add coconut milk, hot chili pepper and a little salt and pepper. Bring to a boil in medium heat. Add prawns. Reduce to medium heat and simmer for 3-5 minutes or until prawns are cooked. Stir occasionally. Serve immediately with rice.

Serves 4



INIHAW NA HIPON

(Prawn Barbecue)

20 large prawns, shelled
bamboo or metal skewers

Marinade:

2 tablespoons light soy sauce
2 tablespoons ketchup
1 tablespoon lemon juice
1 teaspoon sugar

Thoroughly combine marinade in a bowl. Arrange prawns in skewers, 3-4 prawns per skewer. Prepare barbecue equipment.

Place prawns on hot grill, basting it with the marinade during the course of cooking. It does not take long to grill prawns, about 2-3 minutes on each side until golden brown. Arrange on a platter and garnish with parsley leaves and some cherry tomatoes. Serve immediately.

Serves 4-5

INIHAW NA ISDA (Broiled Fish)

- 1 whole 2-3 lbs. rainbow trout or milkfish (*bangus*)
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice
- salt and pepper to taste
- sliced tomato pieces for garnish

Clean fish and cut lengthwise along its back to its stomach. Remove fish skeletal bone. Spread fish flat on a platter. Marinate whole fish in soy sauce, lemon, salt and pepper for 2-4 hours in the refrigerator.

Place fish, meat side up, in a lightly greased pan and loosely cover with aluminum foil. Broil in a preheated 350° oven for 10-15 minutes. Remove aluminum foil cover and continue to broil uncovered for another 10-15 minutes until fully cooked and browned. Leave oven door slightly open while broiling. Let cool a little. You may choose to serve fish whole on a platter, or cut into serving pieces. Garnish with sliced tomato pieces on the side.

Serves 4-6

Note: If desired, this dish can be served with a side dip made with 2 tablespoons vinegar combined with 1 clove minced garlic.

KILAWING TALABA

(Oysters in Vinegar Sauce)

12 pieces shucked oysters
3 tablespoons vinegar
1/4 cup finely chopped red onion
salt and pepper to taste

Blanch oysters in boiling water. Drain and let cool. Add vinegar, red onion and salt and pepper to taste. Let stand for 10 minutes. Serve as appetizer or side dish.

Serves 4-6

Note: To blanch oysters, dip them in boiling water for about 30 seconds. Remove and place under cold running water for another 30 seconds. Drain thoroughly.

PAKSIW NA ISDA

(Fish in Vinegar Sauce)

2 lbs. fish slices (rainbow trout, salmon or milkfish)
1/2 cup vinegar
3-4 cloves garlic, minced
2 teaspoons ginger, sliced
1 hot chili pepper (optional)
1/4 cup water
salt and pepper to taste

Combine all ingredients together in a glass cooking pan or a stainless steel pan. Bring to a boil over medium heat, then reduce heat to medium low. Cover and simmer for 10-15 minutes. Transfer to a serving dish.

Serves 4

PESA

(Fish in Ginger Broth)

- 2 lbs. red snapper, sliced into serving pieces
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, thinly sliced
- 1 medium-sized onion, sliced
- 1 tablespoon fish sauce (*patis*)
- 2 cups rice water (see page 12)
- 4 stalks green onions, cut-up 2 inches long
- 2 sprigs coriander leaves (*kinchay*)
- salt and pepper to taste

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add ginger and onion. Stir for 30 seconds. Add fish, fish sauce, salt, pepper and rice water. Lay green onion slices and coriander leaves on top of fish. Cover and simmer for 10-15 minutes or until fish is cooked. Transfer fish carefully to a deep serving dish. Garnish with sliced green onions. Pour liquid broth around fish and serve immediately with steamed rice and fish sauce (*patis*) on the side.

Serves 4-5

PUSIT RELLENO

(Stuffed Calamari)

10-12 pieces large squids
1/2 lb. ground pork
3 stalks green onions, finely sliced
1 egg, beaten
salt and pepper to taste
1 clove garlic, minced
1 tablespoon vegetable oil
1 medium-sized onion, chopped
1 medium-sized tomato, chopped
1/2 bay leaf
1 tablespoon soy sauce

Remove squid heads and ink sacs. Clean cavities well. Sprinkle salt lightly on squids. Set aside. In a bowl, combine ground pork, green onions, beaten egg and a little salt and pepper. Stuff squid cavities with this mixture. Place in a pan in a steamer and steam covered for 10-15 minutes or until filling is cooked. Drain liquid that will accumulate in pan. Set aside.

Prepare sauce while steaming squids. In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion and stir for 1 minute. Add tomato, bay leaf and soy sauce and cook for 3-5 minutes until tomato pieces are soft. Pour sauce on top of stuffed squids. Serve immediately.

Serves 4-5

SINIGANG NA HIPON

(Prawns in Sour Soup)

16-20 large prawns with shells
5-6 cups rice water (see page 12)
1 medium-sized onion, sliced
1 large tomato, sliced
2 cups oriental radish (*daikon*) sliced diagonally
2 Japanese eggplants, sliced diagonally
1 tablespoon fish sauce (*patis*)
juice of 1 lemon
1 hot chili pepper (optional)
salt and pepper to taste
1 bunch fresh spinach, cut into 3-inch pieces
lemon slices

In a covered soup pot over medium high heat, bring rice water, onion and tomato to a boil. Reduce heat to medium, add radish, eggplants, fish sauce, lemon juice, hot chili pepper and a little salt and pepper. Cook for 6-8 minutes. Add prawns and cook for 5-7 minutes or until done. Turn off heat. Correct seasonings to taste. Add spinach and cover for a minute. Serve immediately. For extra tartness, sprinkle lemon juice on individual soup servings just before eating, stirring soup thoroughly.

Serves 4-5



SINIGANG NA ISDA

(Fish in Sour Soup)

2-3 lbs. sliced halibut fish with bone
1 medium-sized onion, sliced
1 medium-sized tomato, diced
4-5 cups rice water (see page 12)
2 Japanese eggplants, sliced thick diagonally
2 cups oriental radish (*daikon*) sliced diagonally
1 teaspoon fish sauce (*patis*)
1 hot chili pepper (optional)
juice of one lemon
salt and pepper to taste
1 bunch fresh spinach, cut into 3-inch pieces
lemon slices

In a covered soup pot over medium high heat, bring rice water, onion and tomato to a boil. Reduce heat to medium, add daikon, eggplants, juice of one lemon, hot chili pepper, fish sauce, a little salt and pepper, and simmer for 8 minutes. Add fish and simmer for another 10-15 minutes until cooked. Turn off heat. Correct seasonings to taste. Add spinach and cover for 1-2 minutes. Serve immediately. For extra tartness, sprinkle a little lemon juice on individual bowl servings.

Serves 4-5

TANGY SALMON STEAKS

4 salmon steaks, cut 3/4-inch thick

salt to taste

vegetable oil for frying

1 large onion, sliced crosswise and separated into rings

2 tablespoons soy sauce

1 tablespoon lemon juice

pepper to taste

parsley for garnish

Sprinkle salt lightly on salmon steaks. In a skillet over medium heat, pan-fry salmon in a little oil until cooked and browned on both sides. Set aside on a serving platter.

In another skillet over medium high heat, pan-fry onion rings in 1 tablespoon oil for 30-45 seconds. Add soy sauce, lemon juice and pepper and bring to a quick boil. Pour sauce immediately on top of salmon steaks. Arrange onion rings on top. Garnish with parsley. Serve warm with rice.

Serves 4

TOCHONG ISDA

(Fish in Black Bean Sauce)

2-3 lbs. rainbow trout, sliced into serving pieces

salt

vegetable oil for frying

1 clove garlic, minced

1 medium-sized onion, sliced

1 medium-sized tomato, sliced

1 tablespoon salted black beans

2 tablespoons soy sauce or desired amount to taste

4 tablespoons water

1 teaspoon tapioca starch mixed with 1 tablespoon water

2 stalks green onions, finely sliced

Lightly sprinkle salt on fish. In a non-stick skillet over medium heat, pan-fry fish in enough oil until cooked and browned on both sides. Set aside. Soak the salted black beans in a little water for 10 minutes, drain, then chop finely. Set aside.


In a skillet over medium heat, sauté garlic in 1 tablespoon oil until lightly browned. Add onion, stir for one minute. Add salted black beans and soy sauce, stir for 30 seconds. Add tomato pieces and water. Simmer for 5 minutes. Stir in tapioca starch mixture until sauce thickens. Add the cooked fish and simmer for another 2-3 minutes. Transfer to a serving platter. Garnish with green onions. Serve immediately.

Serves 4-6



MIXED MEAT AND OTHER DISHES

Chicken & Pork Adobo
Lengua Estofado
Paella
Pochero
Torta



CHICKEN & PORK ADOBO

(Chicken and Pork Stew)

- 1 lb. pork, cut into serving pieces
- 1 lb. chicken, cut into serving pieces
- 3-4 cloves garlic, minced
- 1/2 cup vinegar
- 3 tablespoons soy sauce
- 3 tablespoons water
- 1/4 teaspoon black peppercorns, cracked
- 3/4 teaspoon salt or desired amount to taste
- 1 bay leaf

Combine all ingredients together in a glass pan or a stainless steel pan. Bring to a boil over medium heat. Reduce heat to medium low and simmer for about 45 minutes or until meats are tender. Correct seasonings. Remove meats from sauce and pan-fry in a little oil until browned on both sides. Transfer to a serving platter. Pour sauce over meats if desired. Serve with steamed rice.

Serves 4



LENGUA ESTOFADO

(Ox Tongue in Tomato Sauce)

- 1 ox tongue, about 2 lbs.
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 large onion, cut into 8 pieces
- 1 medium-sized tomato, sliced
- 1/4 cup vinegar
- 2 tablespoons tomato paste
- 3 cups water
- 1 bay leaf
- 1/2 teaspoon black peppercorns
- 2 cups button mushrooms
- pinch of sugar
- salt to taste

In a deep pot over medium high heat, scald tongue in boiling water for 3-5 minutes. Remove from pot. Peel skin surface. Trim root ends and wash tongue thoroughly. Rub salt and lemon juice on tongue.

In a deep non-stick pan over medium heat, sauté garlic in olive oil until lightly browned. Add tongue and brown on both sides. Add onion, tomato, vinegar, tomato paste, water, bay leaf, sugar, peppercorns and salt to taste. Cover and simmer gently over medium low heat for about 3 hours or until tongue is tender. Add a little more more water if needed. Stir occasionally. Correct seasonings to taste. Add mushrooms and simmer for another 4-5 minutes. Remove tongue from pan. Let cool then slice into serving pieces. Arrange in platter and pour sauce with mushrooms on top. Serve immediately.

Serves 6-8.

PAELLA

(Special Rice Dish with Seafood and Meats)

- 1 lb. chicken, cut into serving pieces
- 1/2 lb. pork, cut into serving pieces
- vegetable oil for frying
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 medium-sized onion, sliced
- 3 cups roasted long grain rice
- 4 cups chicken stock
- 1/2 cup annatto water (see page 12)
- 1/2 cup sliced ham, cubed
- 1 piece Italian sausage
- 8 big clams
- 8 large prawns with shell, lightly salted
- 6 whole squids, cleaned, ink sacs taken out, lightly salted
- 1 cup frozen green peas
- 1 sweet red pepper, sliced thinly
- salt and pepper to taste

Lightly season chicken and pork with salt and pepper. In a non-stick skillet over medium heat, pan-fry meats in a little vegetable oil until cooked. Set aside.

In a large and deep non-stick skillet over medium heat, fry garlic in olive oil until lightly browned. Add onion and stir for 1 minute. Add roasted rice, chicken stock, annatto water and a little salt and pepper to taste. Cover, bring to a boil, then reduce heat to medium low. Simmer for about 10 minutes or until liquid has partly evaporated. Stir in green peas, then arrange chicken and pork pieces, ham, sausage, clams, prawns and squids on top of rice. Cover and continue to simmer for 10-15 minutes or until everything is fully cooked. Arrange red pepper slices on top. Serve warm.

Serves 8-10.

POCHERO

(Chicken, Pork and Vegetable Casserole)

- 2 lbs. chicken, cut into serving pieces
- 2 slices lean ham
- 1 lb. pork, cut into serving pieces
- 4 cups water
- 1/4 cup annatto water (see page 12)
- 2 medium-sized potatoes, peeled and quartered
- 1 small cabbage, quartered
- 4 ripe cooking bananas (*saba*), peeled and halved crosswise
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 medium-sized onion, finely chopped
- 2 medium-sized tomatoes, sliced and cubed
- 2/3 cup cooked garbanzo beans
- salt and pepper to taste

In a covered deep pot over medium high heat, bring the water, chicken, ham, pork and annatto water to a boil. Season with a little salt and pepper to taste. Reduce heat to medium low and simmer for about 45 minutes or until meats are tender. Remove meats from pot and set aside. Remove fat from top of stock. Boil potatoes in stock for 10 minutes or until almost tender. Add cabbage and continue cooking for another 5 minutes or until tender. Remove vegetables from pot and set aside. Cook bananas in stock for 3-4 minutes. Remove, set aside.

In a non-stick skillet over medium heat, sauté garlic in oil until lightly browned. Add onion and tomatoes and cook until soft. Add meats, garbanzo beans and 2 cups meat stock and simmer for 6 minutes. Correct seasonings. Transfer casserole to a shallow serving dish. Arrange vegetables and bananas on top and serve immediately. This can be served with eggplant sauce (see page 114) if desired.

Serves 6-8

EGGPLANT SAUCE

4 small eggplants
2 cloves garlic, minced
2 tablespoons vinegar
salt and pepper to taste

Boil eggplants for about 10 minutes or until cooked. Let cool. Peel skin and mash eggplants in a bowl.

Add garlic, vinegar, salt and pepper to mashed eggplants. Stir to blend flavors thoroughly. Let stand for an hour. Use sauce for the Pochero dish.



TORTA

(Omelet)

Variation 1:

1 medium-sized onion, sliced thinly
1 medium-sized tomato, sliced thinly
6 eggs, beaten
vegetable oil
salt and pepper to taste

Add salt and pepper lightly to the beaten eggs. In a non-stick skillet over medium heat, sauté onion and tomato in a little oil until soft. Season with a little salt and pepper. Combine mixture with the beaten eggs. In the same skillet over medium heat, heat a little oil and pan-fry omelet without overcooking it. Serve immediately. This goes great with Filipino-style fried rice.

Variation 2:

1 medium-sized onion, finely chopped
1 medium-sized potato, cubed in small pieces
6 eggs, beaten
vegetable oil
salt and pepper to taste

Add salt and pepper lightly to the beaten eggs. Over medium heat, pan-fry onion and potato cubes in a little oil until tender. Season with a little salt and pepper. Combine this mixture with the beaten eggs. Pan-fry omelet without overcooking it. This can be served with ketchup sauce.


Serves 4

Note: You may create your own omelet variations that can include meats, poultry or seafood.



VEGETABLE DISHES

Ginataang Spinach
Guisadong Kalabasa at Spinach
Guisadong Mongo
Guisadong Papaya
Guisadong Sayote
Guisadong Sitao
Labong Guisado
Lumpiang Gulay
Lumpiang Labong
Lumpiang Sariwa
Pinacbet
Togue Guisado
Tortang Talong
Ukoy



The vegetable recipes in this section include sautéed dishes, vegetable lumpias (egg rolls, fried or non-fried), and others. These can be served as extra fares with the main dish or as major dishes.



GINATAANG SPINACH

(Spinach in Coconut Milk)

2 bunches fresh spinach, cut into 3-inch pieces
1/2 teaspoon ginger
1/2 cup diluted coconut milk
1 hot chili pepper
salt and pepper to taste

In a skillet over medium heat, bring coconut milk, ginger, hot chili pepper, salt and pepper to a boil. Simmer for 3-4 minutes. Add spinach and cook for 2 minutes. Remove from pan and serve immediately.

Serves 4



GUISADONG KALABASA AT SPINACH

(Sautéed Squash & Spinach)

- 4 cups butternut squash, peeled and cubed
- 1 cup shrimps, shelled
- 1/2 cup shrimp juice (optional, see page 12)
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 medium-sized tomato, sliced
- 1 bunch fresh spinach, cut into 3-inch pieces
- salt and pepper to taste

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, tomato, squash, shrimps, shrimp juice, salt and pepper to taste, and simmer covered for 10-15 minutes or until squash is tender. Correct seasonings. Add spinach, cook covered for 1-2 minutes. Serve warm.

Serves 4-5

Tip: You may substitute 2 tablespoons fish sauce for 1/2 cup shrimp juice.

GUISADONG MONGO

(Mung Bean Soup)

- 3/4 cup green mung beans
- 5 cups water
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 large tomato, diced
- 1/2 lb. shelled shrimps
- 1/2 lb. cooked pork, thinly sliced
- 1/2 cup shrimp juice (optional, see page 12)
- 1 tablespoon fish sauce (*patis*)
- salt and pepper to taste
- 1 bunch fresh spinach, cut into 3-inch pieces

Wash green mung beans in water. In a covered deep pot over medium high heat, bring mung beans to a boil in 5 cups water. Season with salt. Reduce heat to medium low and simmer for about 1 hour or until beans are soft and have more than doubled in volume. Set aside.

In a deep pan over medium heat, sauté garlic in oil until lightly browned. Add onion, tomato, shrimps, pork, shrimp juice and fish sauce, and simmer for 5-8 minutes. Stir while cooking. Add the cooked mung beans with its liquid and continue to simmer for another 10-15 minutes. Add a little more water if desired. Correct seasonings to taste. Turn off heat. Add spinach leaves and cover pan for 1 minute. Serve warm in individual bowls.

Serves 4-5

GUISADONG PAPAYA

(Sautéed Papaya)

- 1 medium-sized firm raw papaya
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 medium-sized onion, sliced
- 1/2 lb. pork, thinly sliced
- 1/2 lb. shrimps, shelled
- 1 tablespoon fish sauce (*patis*)
- salt and pepper to taste

Peel skin of the raw green papaya. Cut papaya into 6 pieces lengthwise, remove seeds, then cut each piece crosswise diagonally, about 1/4-inch thick. Wash and set aside.

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomato, pork and fish sauce. Simmer for 15-20 minutes until pork is tender. Add shrimps and papaya pieces and continue to simmer for 6-10 minutes or until papaya is tender. Season with salt and pepper to taste. Serve immediately.

Serves 4

GUISADONG SAYOTE

(Sautéed Chayote Squash)

2 pieces chayote (*sayote*) squash
1 tablespoon vegetable oil
2 cloves garlic, minced
1 medium-sized onion, sliced
1 medium-sized tomato, sliced
1/2 cup shrimps, shelled
1 tablespoon fish sauce (*patis*)
salt and pepper to taste

Peel the chayotes. Cut in quarters, cut out seed core, then slice quartered pieces diagonally into 1/4-inch thick slices. Set aside.

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for one minute, then add tomato and cook until soft. Add shrimps, chayote slices, fish sauce and salt and pepper to taste. Simmer over medium heat for 6-10 minutes or until chayotes are cooked. Stir occasionally to distribute flavor. Serve immediately.

Serves 4

GUISADONG SITAO

(Sautéed Long Beans)

- 3 cups Chinese long beans (*sitao*), cut into 2-inch pieces
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 medium-sized tomato, sliced
- 1/2 cup sliced pork
- 1/2 cup shrimps, shelled
- 1/4 cup shrimp juice (optional, see page 12)
- 1 tablespoon soy sauce
- salt and pepper to taste

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion and tomato slices and cook for 2 minutes. Add pork and soy sauce. Simmer for about 15 minutes or until pork is tender. Add shrimps, long beans, shrimp juice, a little salt and pepper, and let cook for another 10-15 minutes or until long beans are tender. Correct seasonings to taste. Transfer to a serving container and serve immediately.

Serves 4-5

Note: Green beans can be used in place of the long beans in this recipe.

LABONG GUISADO

(Sautéed Bamboo Shoots)

- 1 12-oz. can bamboo shoot strips
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 medium-sized tomato, cut-up in small pieces
- 1/2 lb. pork, sliced thinly
- 1/2 lb. shrimps, shelled
- 1/4 cup shrimp juice (optional, see page 12)
- 1 tablespoon light soy sauce
- salt and pepper to taste

Wash and drain bamboo shoots, squeezing out water by hand. Set aside.

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomato, pork, soy sauce, a little salt and pepper, and simmer for about 10 minutes or until pork is tender. Add shrimps, bamboo shoots and shrimp juice. Stir well and bring to a gentle boil for 6-10 minutes or until vegetable is tender. Serve immediately.

Serves 4-5



LUMPIANG GULAY

(Vegetable Egg Rolls)

- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1 medium-sized onion, sliced
- 1 small yam, peeled and cut into thin 1-inch strips
- 1 medium-sized potato, peeled, cut into thin 1-inch strips
- 1/2 lb. green beans, thinly sliced diagonally
- 1 carrot, peeled and cut into thin 1-inch strips
- 1/4 part of a whole cabbage, cut thinly into long strips
- 2 tablespoons soy sauce
- salt and pepper to taste
- thin egg roll (*lumpia*) wrappers
- vegetable oil for frying egg rolls

In a deep skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add yam, potato, green beans, carrot, soy sauce, salt and pepper. Stir and cook in medium heat for about 10 minutes or until vegetables are crisp-tender. Add cabbage. Cook for another 3-4 minutes. Remove from heat. Set aside and let cool.

If using a package of frozen thin egg roll wrappers, carefully separate wrappers into individual pieces when totally defrosted. Place 2-3 tablespoons of the vegetable mixture in a line along the middle of wrapper. Wrap into rolls securely (see tip on page 55). Wet edge with a little water to seal. In a non-stick skillet over medium heat, fry egg rolls in vegetable oil until browned on both sides. Place cooked egg rolls upright in a colander to drain excess oil. Serve while warm and crispy with vinegar sauce on the side.

Vinegar Sauce: In a sauce dish, mix 1/4 cup vinegar, 2 cloves minced garlic, salt and pepper to taste.

Serves 6-8

LUMPIANG LABONG

(Fresh Egg Rolls with Bamboo Shoots)

1/2 lb. pork, sliced thinly into 2-inch strips
1/2 lb. small shrimps, shelled
1 tablespoon vegetable oil
1 clove garlic, minced
1 medium-sized onion, sliced thinly
2 pieces fried tofu (soy bean cakes) sliced into 1-inch strips
1 12-oz. can bamboo shoots in strips, washed and drained
1/4 cup shrimp juice (optional, see page 12)
salt and pepper to taste
thin egg roll (*lumpia*) wrappers
Romaine lettuce leaves

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion and stir for 1 minute. Add pork, shrimps, fried tofu slices, bamboo shoot strips, shrimp juice, salt and pepper. Simmer for about 25 minutes until cooked and well blended. Drain and let cool.

Wrap cooked mixture in individual egg roll wrappers. Place lettuce leaf diagonally on wrapper, then put 2-3 tablespoons of the cooked mixture across the lettuce leaf. Wrap bottom first, then roll the sides, leaving an opening on top showing lettuce leaf. Wrap individually in wax paper leaving top open. Remove wax paper before eating. Serve with lumpia sauce.

Serves 6-8

Lumpia sauce: Combine 1-1/2 tablespoons tapioca starch mixed with 1 cup water, 1/3 cup brown sugar, and 2 tablespoons soy sauce. Let cook in a saucepan, stirring constantly until thickened. Fry 4 cloves minced garlic in 1 tablespoon oil until golden brown. Top sauce with fried garlic. Set aside in sauce container.

LUMPIANG SARIWA

(Fresh Lumpia)

- | | |
|--|---|
| 2/3 cup cooked pork,
thinly sliced | 1 cup green beans,
thinly sliced |
| 2/3 cup cooked shrimps,
shelled | 2 cups cabbage,
thinly sliced |
| 1 tablespoon vegetable oil | 2 tablespoons soy sauce |
| 2 cloves garlic, minced | 1/2 cup firm fried tofu,
thinly sliced |
| 1 medium-sized onion,
thinly sliced | 1 cup ground roasted
peanuts |
| 1/2 cup carrots, finely sliced
in 1-inch strips | Romaine lettuce leaves |
| 1 small yam, thinly sliced
in 1-inch strips | thin egg roll (<i>lumpia</i>)
wrappers |
| salt and pepper to taste | |

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion and stir for one minute. Add pork, shrimps, carrots, yam, green beans, tofu, soy sauce, salt and pepper, and cook for about 6-8 minutes. Stir gently while cooking. Add cabbage and cook for another 4-5 minutes or until all vegetables are tender. Remove from heat. Let cool.

Wrap cooked mixture in individual egg roll wrappers. Place lettuce leaf diagonally on wrapper, sprinkle ground peanuts on it, then put 2-3 tablespoons of the cooked mixture across the lettuce leaf. Wrap bottom first, then roll the sides, leaving an opening on top showing lettuce leaf. Wrap individually in wax paper leaving top open. Remove wax paper before eating. Top lumpia with sauce (see page 127) and ground peanuts.

Serves 8-10

PINACBET

(Sauteed Vegetables in Salted Shrimp Fry Sauce)

- 1/2 lb. pork sliced into 2-inch strips, lightly salted
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, sliced
- 2 medium-sized tomatoes, sliced
- 1/2 lb. fresh green beans, cut into 2-inch pieces
- 2 cups butternut squash, cut into small cubes
- 2 medium-sized Japanese eggplants, sliced diagonally
- 8 pieces okra
- 1 bittermelon (*ampalaya*), seeded and sliced diagonally
- 2 tablespoons salted shrimp fry (*bagoong*)
- 1 tablespoon light soy sauce
- black ground pepper to taste

Blanch sliced bittermelon in boiling water for 3-4 minutes to reduce bitterness. Remove from hot water, then place under cold running water for 1 minute. Drain and set aside.

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomatoes and pork. Cover and simmer for 8-10 minutes or until pork is almost tender. Add green beans, squash, eggplants, okra, bittermelon, salted shrimp fry, soy sauce and pepper. Simmer for 8-10 minutes or until vegetables are done but not overcooked. Stir occasionally. Correct seasonings to taste. Serve as a vegetable dish.

Serves 6-8

TOGUE GUISADO

(Sautéed Bean Sprouts)

- 4 cups bean sprouts, washed and drained
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 medium-sized onion, sliced
- 1 medium-sized tomato, sliced
- 1/2 cup shrimps, shelled
- 1/2 cup pork, sliced thinly into 2-inch strips
- 1 tablespoon light soy sauce
- salt and pepper to taste

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add tomato and cook until soft. Add pork, soy sauce, salt and pepper. Simmer for 8-10 minutes or until pork is tender. Add shrimps, cook for 3 minutes. Stir in bean sprouts and continue to simmer for another 3-4 minutes. Serve immediately.

Serves 4

TORTANG TALONG

(Eggplant Omelet)

- 2-3 Japanese eggplants (*talong*)
- 1 cup ground pork, cooked and drained
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, chopped
- 1 medium-sized tomato, chopped
- 1 tablespoon soy sauce
- 4 eggs, beaten and lightly salted
- salt and pepper to taste

Boil eggplants until tender. Remove from water, let cool. Remove and discard skin. Mash cooked eggplants and set aside.

In a skillet over medium heat, sauté garlic in oil until lightly browned. Add onion, tomato, cooked ground pork, soy sauce and a little salt and pepper. Simmer for 8-10 minutes until taste is well blended. Let cool a little.

Combine mashed eggplant and meat mixture with the beaten egg. In a non-stick skillet over medium heat, cook omelet mixture in a little oil until browned on both sides. Serve with ketchup sauce if desired.

Serves 4

UKOY

(Shrimps and Bean Sprouts in Batter)

4 cups bean sprouts
1 cup small cooked shrimps
1/2 cup yam, sliced into 2-inch thin strips (optional)
salt and pepper to taste
vegetable oil for frying

Batter:

1 cup cornstarch or rice flour
2 eggs, well beaten
1/4 cup shrimp juice (see page 12) or water

Vinegar Sauce:

1/4 cup vinegar
2 cloves garlic, minced finely
salt and pepper to taste

Mix cornstarch or rice flour with the shrimp juice (or water), eggs and a little salt and pepper until a smooth batter is obtained. Add bean sprouts and yam. Set aside.

In a non-stick skillet over medium heat, fry two heaping tablespoonfuls of this mixture in a little oil. Sprinkle shrimps on top. Cook until browned on both sides. Drain on paper towel and serve warm with vinegar sauce.

Serves 4



NOODLE DISHES

Chicken Sotanghon I & II


Mixed Pancit

Pancit Canton

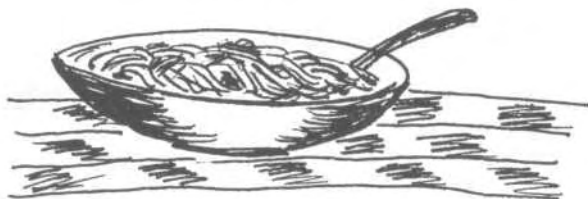
Pancit Guisado

Pancit Luglug

Pancit Mami



Popular Filipino noodle dishes are included in this section. Noodles are usually served during parties, but they are also favorites for meriendas or snacks, and as addition to main dishes.



CHICKEN SOTANGHON I

(Chicken with Bean Thread Noodles in Soup)

- 2 chicken backs
- 1 chicken breast
- 8 cups water
- 6-8 oz. bean thread or cellophane noodles
- 2 tablespoons vegetable oil
- 3 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1/2 cup annatto water (see page 12)
- 2 tablespoons fish sauce (*patis*)
- 4 stalks, green onions, sliced finely
- salt and pepper to taste

In a deep pot, boil chicken backs and breast in 8 cups water for 25 minutes. Season with a little salt. Remove chicken pieces when cooked. Let cool a little on a platter. Reserve chicken stock. Shred meat from chicken breast. Set aside. Soak bean thread noodles in water until soft. Drain and cut into 6-inch length with scissors. Set aside.

In a deep non-stick pan over medium heat, sauté garlic in oil until lightly browned. Add onion, shredded chicken meat, annatto water, fish sauce and 7-8 cups chicken stock. Season with salt and pepper to taste. Cover and let boil over medium high heat. Reduce heat to medium and add the noodles. Stir carefully. Simmer for 8-10 minutes or until noodles are cooked. Stir in half of the green onions. Top individual servings with green onion garnish.

Serves 6-8

CHICKEN SOTANGHON II

(Chicken with Bean Thread Noodles)

- 2 chicken backs to make stock
- 5 cups water
- 1 boneless chicken breast, sliced thinly, 2 inches long
- 8 oz. bean thread or cellophane noodles
- 6 large dried mushrooms
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 medium-sized onion, sliced
- 1 tablespoon fish sauce (*patis*)
- 1/2 cup annatto water (see page 12)
- 1 carrot, sliced thinly, about 2 inches long
- 1 cup sugar peas
- 4 stalks green onions, sliced thinly crosswise
- salt and pepper to taste

Boil chicken backs in 5 cups water for 25-30 minutes. Season with a little salt. Reserve chicken stock. Soak dried mushrooms in water for 20 minutes, de-stem and slice thinly when doubled in size. Set aside. Soak bean thread noodles in water until soft. Drain and cut into 6-inch length with scissors. Set aside.

In a deep non-stick pan over medium heat, sauté garlic in oil until lightly browned. Add onion, cook for 1 minute. Add sliced chicken, mushrooms, carrots, annatto water, fish sauce and a little salt and pepper. Cook for about 8 minutes or until mushrooms are cooked. Add 2-3 cups chicken broth. Bring to a boil, correct seasonings, then add the drained bean thread noodles. Cook for about 8 minutes, stirring gently until liquid has been absorbed and noodles are cooked. Be careful not to mash noodles when stirring. Add sweet peas and sliced green onions just before noodles are cooked. Serve immediately.

Serves 6-8

MIXED PANCIT

(Mixed Noodle Dish)

6-8 oz. canton or egg noodles
6 oz. bean thread noodles
1 cup cooked pork, thinly sliced
1 cup cooked chicken breast, thinly sliced
3 cloves garlic, minced
1 medium-sized onion, sliced
3-4 cups chicken broth, seasoned with salt and pepper
3 celery stalks, sliced thinly diagonally
1-1/2 cups carrots, sliced thinly into 2-inch pieces
3 cups cabbage, sliced thinly
2 tablespoons vegetable oil
2 tablespoons soy sauce
salt and pepper to taste

Soak bean thread noodles in water until soft. Drain and cut into 6-inch length with scissors. Set aside.

In a deep non-stick skillet over medium heat, cook egg noodles and bean thread noodles in seasoned broth and 1 tablespoon soy sauce until liquid has been absorbed and noodles are cooked. Stir carefully. Set aside.

In a non-stick large pan over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add pork, chicken, celery, carrots, cabbage, 1 tablespoon soy sauce and a little salt and pepper. Simmer for about 5-8 minutes or until vegetables are crisp-tender. Combine the two kinds of cooked noodles with the meat and vegetable mixture. Stir carefully, taking care not to mash noodles, until well blended. Serve warm.

Serves 8-10

Tip: Serve with a little lemon juice and fish sauce on individual servings if desired.

PANCIT CANTON

(Sautéed Egg Noodles)

14-16 oz. egg noodles, choice of wide or thin
2 tablespoons vegetable oil
3 cloves garlic, minced
1 medium-sized onion, sliced
1 cup cooked pork, sliced thinly
1 cup medium-sized shrimps, shelled
2 carrots, sliced thinly into 2-inch strips
2 celery stalks, sliced thinly diagonally
1/2 of a whole cabbage, sliced thinly
2 cups chicken stock
2 tablespoons light soy sauce
salt and pepper to taste
lemon slices

In a deep non-stick pan over medium heat, sauté garlic in oil until lightly browned. Add onion, pork, prawns, carrots, celery, cabbage, 1 tablespoon soy sauce, salt and pepper. Stir while cooking. Cook for 5-8 minutes until vegetables are crisp-tender. Take out vegetable and meat mixture. Set aside.

In the same pan, boil chicken stock, 1 tablespoon soy sauce and a little salt and pepper. When liquid is boiling gently, add the egg noodles. Stir carefully until liquid has been absorbed and noodles are softer. Gently stir in half of the vegetable mixture taking care not to mash the noodles. When noodles are cooked, transfer to a serving platter and top with the rest of the vegetable mixture. Serve with slices of lemon on the side.

Serves 6-8

PANCIT GUISADO

(Sautéed Rice Noodle)

14-16 oz. rice vermicelli noodles
1 cup boiled chicken breast, flaked
1 cup shrimps, shelled
1 cup boiled pork meat, sliced thinly
1 tablespoon vegetable oil
3 cloves garlic, minced
1 medium-sized onion, sliced
1-1/2 cups fresh green beans, sliced thinly diagonally
1/3 of a whole cabbage, sliced thinly
2 carrots, thinly sliced into 2-inch strips
3 stalks celery, sliced thinly diagonally
3-4 cups chicken stock
1/2 cup annatto water (see page 12)
2 tablespoons fish sauce (*patis*)
salt and pepper to taste
lemon slices

Soak the rice vermicelli noodles in water until soft. Drain and set aside. In a non-stick deep pan over medium heat, sauté garlic in oil until lightly browned. Add onion. Stir for 1 minute. Add chicken meat, shrimps, pork, green beans, cabbage, carrots, celery, 1 tablespoon fish sauce and salt and pepper to taste. Cook for 5-8 minutes until vegetables are crisp-tender. Remove vegetable and meat mixture and set aside.

In the same non-stick pan, add chicken stock, annatto water, 1 tablespoon fish sauce, and a little salt and pepper to the stock left in the pan. Let boil, then add noodles. Simmer in medium heat until liquid is absorbed and noodles are cooked. Gently stir in 2/3 of the vegetable mixture taking care not to mash the noodles. Transfer to a serving platter and top with the rest of the vegetable mixture. Serve with slices of lemon and extra fish sauce on the side.

Serves 10 or more

PANCIT LUGLUG

(Noodles with Sauce)

- | | |
|---|---|
| 1 lb. rice noodles, soaked
in water, drained | 2/3 cup shrimps |
| 1 tablespoon vegetable oil | 2/3 cup fried dry tofu,
cubed in small pieces |
| 3 cloves garlic, minced | 5-6 cups pork broth |
| 1 medium-sized onion,
chopped | 2 tablespoons fish
sauce (<i>patis</i>) |
| 1/2 cup shrimp juice
(see page 12) | 3 tablespoons tapioca
starch mixed with 4
tablespoons water |
| 1/2 cup annatto water
(see page 12) | salt and pepper to taste |
| 2 cups boiled pork,
sliced thinly | |

Toppings:

- | | |
|---------------------------------------|---|
| 1 cup flaked smoked fish | 5 stalks green onions,
finely sliced crosswise |
| 2-3 cups pork cracklings,
crumbled | 1 cup cooked shrimps |
| 5 hard-boiled eggs, sliced | lemon slices |

In a deep pan over medium heat, sauté garlic in oil until lightly browned. Add onion, stir for 1 minute. Add pork, and shrimps and cook for 3-4 minutes. Add shrimp juice, annatto water, pork broth, fried tofu cubes, fish sauce and salt and pepper to taste. Bring to a boil and simmer for 5-8 minutes. Add the tapioca starch mixture stirring constantly until sauce has thickened.

Boil rice noodles in a pot of boiling water for 6-8 minutes or until cooked. Drain in a colander and place under cold running water for 1 minute. To serve, put individual serving portion of the noodles on a plate. Top with sauce and arrange small portions of the toppings on noodles. Sprinkle with lemon juice and fish sauce if desired. Serve warm.

Serves 6-8

PANCIT MAMI

(Egg Noodles in Soup)

4 cups fresh egg noodles
2/3 cup shredded boiled pork
2/3 cup shredded cooked chicken
1 tablespoon vegetable oil
3 cloves garlic, minced
4 stalks, green onions, finely sliced
5-6 cups chicken stock
salt and pepper to taste.

In a deep pan over medium heat, sauté garlic in oil until golden brown. Add the chicken stock and bring to a boil. Season with salt and pepper to taste. Put portions of the fresh egg noodles in individual bowls. Top with portions of pork, chicken and green onions. Pour boiling chicken stock into the bowls with the noodles. Let steep for 2-3 minutes. Serve hot.

Serves 4



DESSERTS & SNACKS

Bibingka Malagkit

Bibingka Special

Biko

Buko Pie

Carioca

Cassava Bibingka

Crema de Fruta

Easy Bibingka

Easy Puto

Egg Pie

Espasol

Fried Bananas

Fruit Gelatin

Ginataan

Ginataang Bilo-Bilo

Ginataang Mais

Haleyang Ube

Halo-Halo

Kutsinta

Leche Flan

Maja Blanca

Maja Mais

Maruyang Saging

Mochico Bibingka

Palitaw

Polvoron

Puto Maya

Sapin-Sapin

Tropical Fruit Salad

Turon

Ube Maja



DRINKS

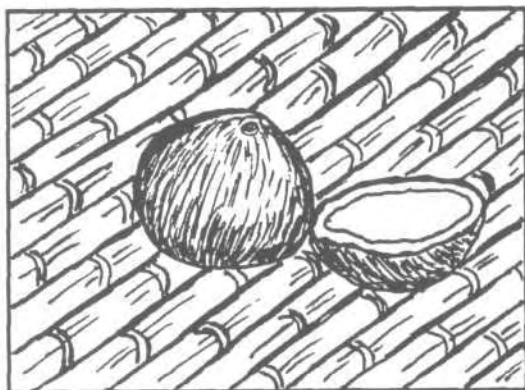
Buko Drink

Cantaloupe Beverage

Pineapple-Banana Drink

Salabat (Hot Ginger Drink)

Filipinos generally look forward to eating their favorite desserts and snacks. The recipes included in this section are usually served and enjoyed during parties. They are also favorites at anytime.



BIBINGKANG MALAGKIT

(Glutinous Rice Cakes)

- 3 cups glutinous rice (sweet rice)
- 1-1/2 cups water
- 3 cups diluted coconut milk
- 1-1/2 cups sugar
- 3/4 teaspoon salt

Topping:

- 2/3 cup dark brown sugar or desired amount to taste
- 1/4 cup evaporated milk
- 2/3 cup 1% milk
- 1 tablespoon margarine
- 3 tablespoons flour mixed with 4 tablespoons water

Combine rice, water, coconut milk, sugar and salt in a rice cooker. Turn cooker on and stir mixture occasionally until liquid is absorbed and rice is soft. Add a little more water if needed. If rice cooker turns off automatically and glutinous rice is not quite soft yet, leave the warm button on until rice is fully cooked. Continue to stir occasionally so that rice texture will be uniform. You may also cook this mixture in a deep non-stick pot over medium low heat, stirring frequently until fully cooked. Transfer mixture into a square or round shallow container, packing tightly and spreading evenly. Smooth top with the back of a spoon. Set aside.

To prepare topping, combine sugar, margarine, evaporated milk and 1% milk in a small non-stick pan. Cook over medium heat until mixture comes to a boiling point. Stir in flour mixture, stirring fast until topping sauce has thickened and is smooth. Spread topping on cooked rice evenly. Brown top under broiler at 350° for 3-5 minutes until golden brown but not burnt. Leave oven door slightly open while broiling. Let cool then serve in slices when firm.

Serves 10 or more

BIBINGKA SPECIAL

(Special Cake)

3 eggs
3/4 cup sugar
1/4 cup unsalted butter
1 cup coconut milk
2 cups sifted cake flour
3 teaspoons baking powder
1/4 teaspoon salt
3-4 tablespoons grated Monterey Jack cheese
1 tablespoon melted butter
sugar for topping
grated fresh coconut meat
banana leaves (optional)

Preheat oven to 350°. In a bowl, sift flour, baking powder and salt. Set aside. Cream butter and sugar then beat in eggs one at a time until light and creamy. Add flour mixture alternately with coconut milk, blending well. Lightly grease a round cake pan or 4 small round pans with butter. If desired, line pan with banana leaves. Pour mixture into pan and top with grated cheese.

Bake in the preheated oven for 30-35 minutes or until done. Take pan out of oven, brush top with melted butter. Broil at 350° for 2-3 minutes or until top is lightly browned. Leave oven door slightly open while broiling. Remove from oven. Sprinkle sugar on top and serve with grated fresh coconut meat.

Serves 8-10

Note: Banana leaves can be bought frozen in oriental stores.

BIKO

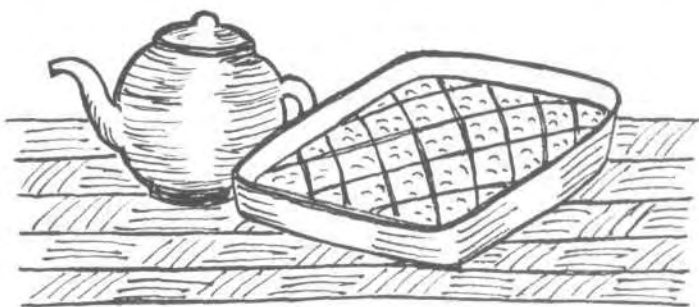
(Glutinous Rice in Coconut Milk and Brown Sugar)

- 3 cups glutinous rice (sweet rice)
- 1-1/2 cups water
- 1 cup dark brown sugar
- 1/2 cup regular sugar or desired amount to taste
- 3 cups diluted coconut milk
- 3/4 teaspoon salt
- 1-2 cups lightly toasted sweetened coconut flakes topping

In a rice cooker, combine the glutinous rice, water, brown sugar, regular sugar, coconut milk and salt. Turn on cooker and stir mixture occasionally until liquid is absorbed and rice is soft. Add more water if needed. If rice cooker turns off automatically and glutinous rice is not quite cooked yet, leave the warm button on until rice is fully cooked. Continue to stir occasionally so that rice texture will be uniform. You may also cook this mixture in a deep non-stick pot over medium low heat, stirring frequently until fully cooked.

Transfer cooked mixture into a glass pan. Flatten and smooth top with the back of a spoon. Let cool until firm then slice in serving pieces. Top with toasted coconut flakes (see page 181) just before serving.

Serves 10 or more



BUKO PIE

(Young Coconut Pie)

- 1 prepared pie crust in aluminum pan
or make pie crust (see page 35)
- 1 cup lightly toasted sweetened coconut flakes (see page 181)

Pie Filling:

- 2 cups shredded young coconut (*buko*)
- 1/2 cup water from young coconut (included with the
frozen young coconut package)
- 1/2 cup condensed milk
- 2/3 cup 1% milk
- 4 tablespoons sugar or desired amount to taste
- 1/2 teaspoon pure vanilla extract
- 1/2 cup cornstarch mixed with 1/2 cup cold milk

Bake prepared pie crust according to directions in package.
Set aside and let cool.

Combine pie filling ingredients except cornstarch mixture in a deep saucepan. Cook over medium heat, stirring constantly. When boiling gently, add the cornstarch mixture, stirring fast, until combined mixture has thickened. Pour mixture evenly into prepared pie crust. Let cool, then refrigerate until firm. Top with toasted sweetened coconut flakes just before serving.

Serves 8-10

Note: The shredded young coconut (buko) and the coconut water used for the pie filling are usually together in a 16-oz. frozen package available at Asian food stores.

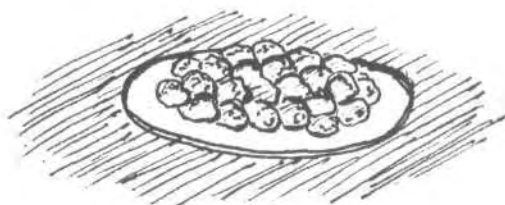
CARIOCA

(Deep Fried Sweet Rice Snacks)

2-1/2 cups glutinous rice flour or Mochiko sweet rice flour
1 cup 1% milk
2 tablespoons evaporated milk
2 tablespoons water
1 teaspoon salt
1 teaspoon baking powder
1-3/4 cups sweetened coconut flakes
1-1/2 cups coconut sport preserve (*macapuno*)
vegetable oil for deep-frying

Combine 1% milk, evaporated milk and water. In a bowl, combine the glutinous rice, salt, baking powder, sweetened coconut flakes, coconut sport preserves and the milk mixture until dough is well blended. Prepare pan with oil for deep-frying over medium heat. When oil is hot enough, drop small round scoops of the prepared mixture into pan. Deep-fry until golden brown. Drain on paper towel then transfer to a serving platter. Let cool a little before serving.

Yield: 40-50 pieces



CASSAVA BIBINGKA

(Cassava Cakes)

2 cups or one 16-oz. package fresh frozen grated cassava
1-3/4 cups coconut milk, diluted
2 tablespoons melted low fat margarine
2 eggs, beaten
2/3 cup sugar or desired amount to taste
1/2 teaspoon salt

Combine all ingredients thoroughly and place in a shallow round or square cake pan. Bake at a preheated 350° oven for about 1 hour and 15 minutes or until done. You may choose to serve this with or without topping. Set aside until cool before slicing into serving pieces.

Topping: (Optional)

Use coconut sport (*macapuno*) topping or the topping on page 145). Spread desired amount on top of cake. Lightly brown top under broiler at 350° for 3-4 minutes. Leave oven door slightly open while broiling. Remove from oven and let cool. When firm, slice cassava cakes into serving pieces.

Serves 8-10

Tip: 1% milk may be substituted in place of coconut milk.

CREMA DE FRUTA

(Fruit Trifle)

- 1 ready-made pound cake loaf
- 2 cups tropical fruit cocktail, drained
- 1 cup mandarin oranges, drained
- 1 pint whipping cream, whipped in a bowl

Cut pound cake lengthwise into 4 equal pieces. Set aside. Mix drained fruit cocktail and mandarin oranges in a bowl.

In a square glass pan, arrange 2 pieces of the pound cake to cover bottom of pan. Spread a little whipped cream on top of the cake. Spread fruit mix on top of whipped cream. Build a second layer starting with the rest of the pound cake, then the whipped cream ending with the mixed fruit on top. Refrigerate for at least two hours before serving.

Serves 8-10

EASY BIBINGKA

(Easy Rice Cakes)

- 2 cups Bisquick, reduced fat mix
- 1 cup 1% milk
- 2 eggs, slightly beaten
- 1/2 cup sugar
- 1 teaspoon pure vanilla extract
- 3 tablespoons grated medium cheddar cheese
- 1 teaspoon melted butter
- 1 cup grated fresh coconut meat

Preheat oven to 400°. Lightly grease a rectangular or round pan. Set aside.

With a spatula, blend Bisquick mix, milk, eggs, sugar and vanilla extract. Pour mixture into the greased baking pan. Sprinkle grated cheese on top. Bake for 13 minutes. Take pan out of oven, brush top of cake with melted butter. Broil at 350° for 2-3 minutes until top is golden brown. Leave oven door slightly open while broiling. Remove from oven and let cool. Slice into individual servings. Sprinkle sugar on top and serve with grated fresh coconut meat.

Serves 8-10

EASY PUTO

(Easy Steamed Cakes)

- 2 cups Bisquick, reduced fat mix
- 2 egg whites plus 1 egg yolk, beaten
- 1 cup 1% milk
- 1/2 cup sugar

Prepare ungreased mini-muffin or mini-tart pans with 12 built-in molds. Set aside. Bring enough water to a boil in a wide steamer.

In a bowl, blend well all ingredients above. Spoon mixture into mini-tart molds about $\frac{2}{3}$ full. Place tart pan carefully in steamer. Cover and steam for about 7 minutes. Remove from steamer. Let cool a little. Remove mini-steamed cakes by loosening sides with a small and thin metal spatula and carefully pulling cakes away from pan. Repeat process with the rest of the mixture. Stack cakes on a serving platter. Let cool then cover with a plastic wrap to keep it moist. Unwrap just before serving.

Yield: 30 cakes

Note: The Bisquick brand mix has always produced consistent results for the Easy Puto. If you cannot find Bisquick in your area, try any pancake mix that would still require the addition of eggs, sugar and milk. Hopefully it will bring the same results.

Here is another puto recipe that does not require a mix. In a bowl, mix 1/2 cup regular flour, 1/2 cup rice flour, 2 teaspoons baking powder, 1/4 teaspoon salt, 1 egg white beaten, 1/2 cup coconut milk, 1/4 cup sugar and 1 tablespoon vegetable oil. Proceed to cook as above.

Serve this snack with grated fresh coconut meat if desired.

EGG PIE

- 1 prepared pie crust in aluminum pan
or make pie crust (see page 35)

Pie Filling:

- 4 eggs, beaten
- 1-1/2 cups 1% milk
- 1/2 cup condensed milk
- 1 teaspoon pure vanilla extract
- 3 tablespoons sugar
- 3 tablespoons cornstarch mixed with
4 tablespoons water

Bake prepared pie crust according to directions in package.
Set aside and let cool.

Combine all pie filling ingredients except the cornstarch mixture in a pan. Cook mixture over medium heat, stirring constantly. When it is to the point of boiling, stir in the cornstarch mixture, stirring fast until combined mixture is smooth and thickened. Pour immediately into prepared pie crust pastry. Let cool. If desired, when egg pie has firmed, brush melted butter on top and broil in oven at 350° for 2-4 minutes or until top is lightly browned. Leave oven door slightly open while broiling. Remove from oven. Chill before serving.

Serves 6-8

ESPASOL

(Roasted Glutinous Rice Flour Snack)

1-1/2 cups glutinous rice flour
1/2 cup sugar
1 cup diluted coconut milk
1 teaspoon pure vanilla extract
1/4 teaspoon salt

Lightly roast glutinous flour in a non-stick pan over medium heat until light brown. Set aside.

In a non-stick skillet over medium heat, boil the sugar, coconut milk, vanilla and salt. Add the roasted glutinous flour. Blend and stir constantly with a wooden spoon until mixture is thick and dry, forming it into a ball. This process does not take long. When done, transfer mixture to a board dusted with the remaining roasted glutinous rice flour. Flatten mixture using a rolling pin to 1/2 inch thick and cut into rectangles. Roll rectangular pieces into the rest of the toasted flour. Arrange on a small serving platter. Wrap in clear plastic until ready to serve.

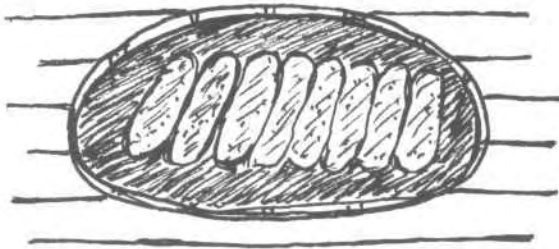
Serves 3-4

FRIED BANANAS

6 ripe cooking bananas (*saba*)
sugar on a platter for coating bananas
3 tablespoons or more vegetable oil
extra sugar for topping if desired

Peel bananas, then slice lengthwise into 3 pieces. Roll in sugar on a platter. In a non-stick skillet over medium heat, fry banana pieces in oil until cooked and golden brown on both sides. Arrange on a platter. Sprinkle sugar on top, if desired.

Serves 4-6



FRUIT GELATIN

- 2 packs (1/4 oz./pack) unflavored Knox gelatin powder
- 1-1/2 cups 1% milk
- 1/2 cup condensed milk
- 3 tablespoons sugar
- 1 8-oz. can mandarin oranges, drained
- 1 16-oz. can fruit cocktail, drained

Dissolve gelatin in 1/2 cup hot milk in a medium-sized bowl. Let stand for 3-5 minutes.

Stir in 1 cup 1% milk and condensed milk to the dissolved gelatin mixture. Mix in all fruits. Transfer into a square or rectangular glass pan. Cover with plastic wrap. Refrigerate for 4-6 hours or until firm. Serve chilled.

Serves 8-10

Note: You may also use gulaman or agar agar (a jelling medium found in oriental stores) in place of the Knox gelatin. For the fruit mixture, other fresh fruits can also be substituted.

GINATAAN

(Fruits in Coconut Milk)

- 1 cup glutinous rice flour
- 1/3 cup plus 1 tablespoon water
- 3 cups diluted coconut milk
- 1/2 cup sugar or desired amount to taste
- 1 cup jackfruit preserve (*langka*), shredded
- 1 medium-sized sweet yam (*camote*), cubed, 1-inch pieces
- 2 pieces small taro root (*gabi*), cubed, 1/2-inch pieces
- 4-5 ripe cooking bananas (*saba*), peeled and sliced diagonally

Combine glutinous rice flour with 1/3 cup plus 1 tablespoon water until it forms into a soft dough. Add a little more water if needed. Make dough into small balls, about 1/2-inch diameter, by rolling pieces between the palms of your hands. Set aside.

In a deep pan, bring to a boil the coconut milk and sugar. Reduce heat to medium. Add glutinous rice flour balls, jackfruit, sweet yam, taro root and bananas. Gently simmer for 15-20 minutes or until all fruits are cooked. Stir frequently. Serve warm in individual bowls.

Serves 8-10

GINATAANG BILO-BILO

(Glutinous Rice Balls in Coconut Milk)

- 2 cups glutinous rice flour
- 1/2 cup plus 2 tablespoons water
- 3 cups diluted coconut milk
- 1/2 cup sugar or desired amount to taste
- 1 cup jackfruit preserve (*langka*), shredded

Combine glutinous rice flour with 1/2 cup plus 2 tablespoons water until it forms into a soft dough. Add more water if needed. Make dough into small balls, about 1/2-inch diameter, by rolling pieces between the palms of your hands. Set aside.

In a deep pan, bring to a boil the coconut milk and sugar. Reduce heat to medium. Add glutinous rice flour balls and jackfruit. Gently simmer for 15-20 minutes or until rice balls are cooked. They will float on top when cooked. Stir frequently. Serve warm in individual bowls.

Serves 4-6



GINATAANG MAIS

(Glutinous Rice & Corn in Coconut Milk)

- 1 cup glutinous rice (sweet rice)
- 2 cups diluted coconut milk
- 2 cups water
- 1/2 cup sugar or desired amount to taste
- 1/2 teaspoon salt
- 2 cups grated fresh sweet corn

In a covered deep non-stick pan over medium heat, bring to a boil the coconut milk, water and glutinous rice. Reduce heat to medium low. Gently simmer for about 10 minutes, stirring occasionally. Add grated corn, sugar and salt. Continue to simmer for another 20 minutes or until the cooked rice mixture has reached the consistency of a heavy creamed soup. Stir frequently. If you desire a thinner mixture, add a little more water. Serve warm in individual bowls.

Serves 6-8

HALEYANG UBE

(Purple Yam Jam)

2-1/2 cups grated purple yam (*ube*)
1 cup 1% milk
1/2 cup evaporated milk
1/2 cup condensed milk
1 teaspoon pure vanilla extract
1/2 cup sugar or desired amount to taste
1/4 teaspoon salt
2 tablespoons butter

Mix all ingredients together. In a non-stick skillet over medium low heat, stir mixture constantly for about 30 minutes or until cooked and thickened into a paste. Brush an 8-inch round pie pan with butter and transfer the cooked mixture into it. Smooth top with the back of a spoon and lightly brush with butter. Let cool.

Serves 10 or more

HALO-HALO

(Mixture of Preserved Fruits in Shaved Ice)

For 1 tall glass serving:

1-2 tablespoons sweet beans preserve
1-2 tablespoons coconut sport (*macapuno*)
1-2 tablespoons jackfruit preserve (*langka*)
1-2 tablespoons purple yam (*ube*) jam
2 tablespoons cooked banana preserve (*saba*)
1 tablespoon leche flan (optional)
shaved or finely crushed ice to fill the rest of the glass
evaporated milk
sugar to taste, if desired
vanilla ice cream

Prepare tall soda glasses for individual servings. Layer the top five ingredients and sugar to taste at the bottom of the serving glass. Add the shaved ice packing it up to the top of the glass. Add a little evaporated milk, a small scoop of vanilla ice cream and the leche flan on top.

Dig into the mixture with a spoon and mix all ingredients together to blend all flavors. Eat immediately.

Serves 1

KUTSINTA

(Moist Cakes)

- 1 cup water
- 1/2 cup annatto water (see page 12)
- 1/3 cup sugar
- 6 tablespoons flour
- 6 tablespoons cornstarch
- 1 cup grated fresh coconut for topping

In a bowl, mix water, annatto water, sugar, flour and cornstarch until smooth. Fill non-stick mini-muffin or mini-tart molds up to the top and steam for 10 minutes. Let cool totally, approximately 1 hour. Unmold when firm, using a metal spatula to lift cakes out of mold. Top kutsinta with grated fresh coconut just before serving.

Yield: 24 small cakes

Note: I eliminated the lye water solution (potassium carbonate) which is traditionally used in this recipe.

LECHE FLAN

(Egg & Milk Flan)

To Caramelize Sugar:

In a small pan over medium low heat, melt $\frac{1}{3}$ cup sugar, taking care not to burn it. When sugar has melted and turned golden brown, vigorously stir in two tablespoons water to blend. Transfer to a small leche flan mold. Swirl caramelized sugar inside the mold. Set aside.

Flan Mixture:

4 eggs, beaten
 $\frac{1}{3}$ cup plus 2 tablespoons sugar
 $1\frac{1}{2}$ cups 2% milk
 $\frac{1}{4}$ cup condensed milk
 $\frac{3}{4}$ teaspoon pure vanilla extract

Preheat oven at 350° and fill a big pan with about $\frac{1}{2}$ -inch high water. In a bowl, blend thoroughly flan mixture ingredients. Pour mixture into leche flan mold with caramelized sugar (see procedure above). Place mold on pan with water in oven. Bake for 30-40 minutes or until firm. Let cool. Chill before serving. Unmold from container to a serving dish.

Serves 4-5

Note: You may easily caramelize sugar in the microwave using specifically the thin Corning glass pans (or the microwave method might not work). In a Corning glass pan, mix $\frac{1}{3}$ cup sugar with 2 tablespoons water. Microwave in high heat for 3 minutes. Take out pan and swirl liquified sugar, then put back in the microwave and cook for another minute or until golden light brown. Swirl caramelized sugar inside the mold. Set aside.

MAJA BLANCA

(White Pudding)

- 1/2 cup cornstarch
- 1/2 cup water
- 1/2 cup sugar
- 2 cups diluted coconut milk
- 1 cup toasted sweetened coconut flakes topping

Lightly grease a square or round pan with vegetable oil. Set aside. Prepare topping (see page 181).

In a non-stick pan over medium heat, bring to a gentle boil the coconut milk and sugar until well blended. In a small bowl, mix 1/2 cup cornstarch with 1/2 cup water. Stir until smooth. Slowly add this mixture to the boiling milk mixture, stirring fast until thickened (2-4 minutes) and fully cooked. Transfer into the prepared pan and let cool until firmly set. Slice diagonally into serving pieces. Sprinkle toasted coconut topping on maja just before eating to retain topping crunchiness.

Serves 8-10

MAJA MAIS

(Corn Pudding)

- 1 cup cream-style canned corn
- 1-1/2 cups coconut milk or 1% milk
- 1/2 cup sugar
- 1/2 cup cornstarch
- 1/2 cup cold water
- 1 cup lightly toasted sweetened coconut flakes topping

Grease one square or round pan with vegetable oil. Set aside. Prepare topping (see page 181).

In a non-stick pan, bring to a gentle boil the coconut milk, creamed corn and sugar until well blended. In a small bowl, mix 1/2 cup cornstarch and 1/2 cup water. Stir until smooth. Slowly add this cornstarch mixture into the boiling milk mixture, stirring fast until thickened (2-4 minutes) and fully cooked. Pour into the prepared pan and let cool until firmly set. Slice diagonally into serving pieces. Sprinkle toasted coconut topping just before eating to retain topping crunchiness.

Serves 8-10

MARUYANG SAGING

(Banana Fritters)

6-8 ripe cooking bananas (*saba*)

1/2 cup regular flour

1/2 cup rice flour

2 teaspoons baking powder

1/4 teaspoon salt

1 egg, beaten

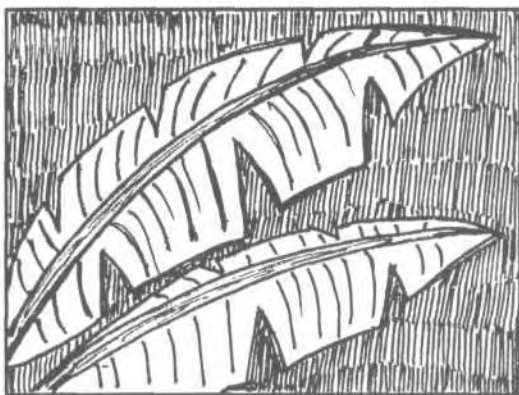
1/2 cup 1% milk

1/4 cup sugar

vegetable oil for frying

Peel bananas and cut lengthwise into 3 pieces. Set aside. Mix the two types of flour, baking powder, salt, egg, milk and sugar to form a batter in a bowl. Dip the sliced banana pieces in batter, then fry in a non-stick skillet over medium heat in enough oil until golden brown on both sides. Drain on paper towels. Roll in sugar just before serving.

Serves 6-8



MOCHIKO BIBINGKA

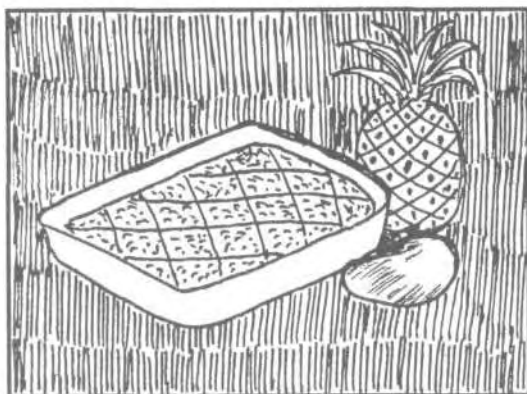
(Sweet Rice Cake)

2 cups Mochiko flour
3 eggs, beaten
1-1/4 cups 1% milk
1/4 cup condensed milk
1/2 cup plus 1 tablespoon sugar
2 tablespoons melted butter
1 teaspoon pure vanilla extract
1/2 teaspoon salt

Topping: 1/2 cup coconut sport (*macapuno*)

In a bowl, mix together all ingredients except topping until smooth. Transfer to a lightly greased pan. Bake at a pre-heated 350° oven for about 35 minutes. Put a small amount of topping on top of cake and broil in oven at 350° for 2-3 minutes, taking care not to burn top. Leave oven door slightly open while broiling. Remove from oven and let cool. Slice into serving pieces when firm.

Serves 8-10



PALITAW

(Boiled Rice Cake Dough)

- 1 cup glutinous rice flour
- 1 cup regular flour
- 3/4 cup water
- 1 cup grated fresh coconut meat
- 1/4 cup lightly toasted sesame seeds
- sugar, desired amount for topping

Combine glutinous rice flour, regular flour and water in a bowl until a smooth dough is formed. Form into small balls (1-inch diameter) then flatten balls by pressing thumb in the middle and stretching dough to make it oblong-shaped. Make thickness even (less than 1/4-inch thick).

Boil water in a deep pan. Drop each formed dough into the boiling water. When dough floats on top, remove from pan and transfer into a bowl of cold water with ice. Remove from bowl when cool enough. Roll in grated fresh coconut meat and arrange on a platter. Just before serving, sprinkle both sides with combined mixture of sesame seeds and sugar. Serve immediately.

Yield: 20 pieces

Tip: This dessert should be consumed immediately. Otherwise, it will become soggy with liquified sugar that will be soaked into the dough if left uneaten for a long period of time.

This can also be sprinkled with an equal combination of brown and white sugar.

Note: Another method in forming palitaw is to roll dough flat and thin with a rolling pin. Cut into pieces with an oblong or a round cookie cutter.

POLVORON

(Powdered Milk Candy)

1-1/2 cups flour
1-1/4 cups milk powder
1 teaspoon pure vanilla extract
1/2 cup plus 1 tablespoon sugar
1-1/2 sticks of butter (6 oz.)
polvoron mold or small biscuit cutter

In a non-stick pan over low heat, toast flour until light brown. Remove from heat and let cool in a bowl. Add powdered milk and sugar to the toasted flour, blending well. Set aside.

Melt butter in a pan over medium low heat. Add vanilla extract and mix well. Pour melted butter mixture into the bowl of dry mixture, blending well with a wooden spoon until evenly moist. Press mixture into a polvoron mold, using the back of a spoon to pack it tightly. Release into a flat container. Refrigerate for 20 minutes or so until polvorons are firm. Wrap individually with cellophane or tissue paper, frilling paper ends for a decorative effect. Keep these festive treats in a tightly covered tin container in the refrigerator.

Yield: 35-40 polvorons

Note: If you cannot find a polvoron mold, use a small biscuit cutter. Press polvoron mixture in a large square container to about 1/2-inch thick. Refrigerate for 2 hours and when firm, cut through to bottom of pressed mixture with a biscuit cutter. Carefully transfer molded polvorons into prepared wrappers. Do the same procedure for the left-over mixture.

PUTO MAYA

(Glutinous Rice Cakes)

- 1-1/2 cups glutinous rice
- 1 cup regular rice
- 2-3/4 cups diluted coconut milk
- 1 cup water
- 1/2 cup sugar
- 1-1/2 cups grated fresh coconut

Combine the two types of rice together and put into a rice cooker. Add coconut milk and water and stir well. Turn on rice cooker. If cooker turns off automatically and rice is not quite cooked yet, leave the warm button on until rice is soft and fully cooked. With a spoon, pack rice firmly up to the top of regular-sized muffin molds. Let cool. When firm, unmold to a serving platter. Top with grated fresh coconut and sugar just before serving.

Serves 12

Tip: This recipe can also be used to make Easy Suman. Use above recipe as is or wrap cooked mixture in banana leaves if desired.



SAPIN-SAPIN

(Layered Glutinous Rice Cakes)

- 2 cups glutinous rice flour
- 1 cup regular flour
- 1 cup sugar
- 1-3/4 cups diluted coconut milk
- 1/2 cup grated purple yam (*ube*),
- 2 tablespoons annatto water (see page 12)
- 1 cup lightly toasted sweetened coconut flakes for topping

In three bowls, mix three separate mixtures of 2/3 cup glutinous rice flour, 1/3 cup regular flour and 1/3 cup sugar.

To the first mixture, add and mix until smooth, 1/2 cup coconut milk combined with 1-1/2 tablespoons strongly concentrated annatto water.

To the second mixture, add and mix until smooth, 1/2 cup plus 1-1/2 tablespoons coconut milk.

To the third mixture, add and mix until smooth, 1/2 cup grated purple yam, 1/2 cup plus 1-1/2 tablespoons coconut milk.

Transfer the first mixture (with the annatto water) to a lightly greased shallow square or round pan. Steam in a steamer for 10 minutes. Remove from steamer. Add the second mixture (plain white) on top of the first steamed mixture. Put back in steamer and steam for another 10 minutes. Take out pan once more and add the remaining third mixture (purple yam) on top of the white layer. Steam for an additional 10 minutes or until top layer is fully cooked. Let cool. Cut in diagonal shapes when firm. Top with lightly toasted sweetened coconut flakes (see page 181) just before serving.

Serves 8-10

TROPICAL FRUIT SALAD

- 1 large 40-oz. can of Dole Tropical Fruit Salad
- 1 16-oz. package frozen young coconut meat, thawed
- 1-1/2 cups sweetened coconut gel
(*nata de coco* - optional)
- 1/2 cup condensed milk or desired amount to taste
- 3/4 cup Nestle cream

Drain thoroughly all fruit ingredients. Combine the Nestle cream and the condensed milk. In a deep bowl, blend carefully but thoroughly the milk mixture with the drained fruit ingredients. Chill for 6-8 hours before serving.

Serves 12 or more

Note: If you cannot find canned Nestle cream in your area, substitute a light whipped cream.



TURON

(Fried Banana Rolls)

6 ripe cooking bananas (*saba*)
12 thin egg roll (*lumpia*) wrappers
sugar on a platter for coating bananas
vegetable oil for frying

Peel bananas then cut lengthwise in half. Roll bananas in sugar on a platter. Place cut bananas individually in the middle of the egg roll wrappers and roll like you would a Lumpia (see tip on page 55). Wet edge of wrapper with a little water to seal it. In a non-stick skillet over medium heat, fry banana rolls in enough oil until cooked and golden brown on both sides. Drain upright in a colander. Serve warm.

Serves 6 or more

Tip: Regular bananas can be used in place of cooking bananas. Select ripe but firm bananas. Serve while still warm to retain egg roll crunchiness. If not consumed immediately, regular bananas will turn soft and soggy.

UBE MAJA

(Purple Yam Pudding)

1-1/3 cups glutinous rice flour
2/3 cup regular flour
2/3 cup sugar
1 cup plus 3 tablespoons coconut milk
1 cup grated purple yam (*ube*)
1/2 cup lightly toasted sweetened coconut flakes topping

In a bowl, combine and mix until smooth the glutinous rice flour, regular flour, sugar, coconut milk and grated purple yam. Transfer mixture to a lightly greased shallow square or round pan that will fit into a large steamer.

Steam mixture for 20 minutes or until fully cooked. Remove from steamer and let cool. When firm, slice diagonally into serving pieces. Sprinkle toasted coconut topping (see page 181) on maja just before eating to retain topping crunchiness.

Serves 8-10



DRINKS

BUKO DRINK (Young Coconut Meat Drink)

- 1 16-oz. package frozen shredded young coconut (*buko*)
with coconut water
- 1/4 cup sugar or desired amount to taste
- 4-5 cups water

Put contents of *buko* package in a pitcher. Add sugar and water, stir well and serve ice-cold for a refreshing tropical drink.

Serves 6-8

CANTALOUPE BEVERAGE

- 1 cantaloupe melon
- 1/4 cup sugar or desired amount to taste
- 4-6 cups water

Cut cantaloupe in half. Scoop seeds out and set aside in a bowl. Mix 1/2 cup water with the seeds. Drain and reserve liquid. Discard seeds. Peel cantaloupe and reserve meat.

Blend cantaloupe meat, reserved liquid and sugar in an electric blender for 20-30 seconds. Transfer to a pitcher or punch bowl. Add water and stir well. Chill before serving.

Serves 6-8

DRINKS

PINEAPPLE-BANANA DRINK

4 cups pineapple juice
2 cups orange juice
3-4 ripe bananas, finely mashed
2 tablespoons lemon juice
1 16-oz. carbonated ginger ale
sugar to taste if desired
pineapple or orange slices as garnish

In a punch bowl, mix together pineapple juice, mashed bananas, orange juice and lemon juice. Add sugar to taste if desired. Chill. Add cold ginger ale just before serving. Water can be used instead of ginger ale, if preferred. Garnish with pineapple or orange slices.

Serves 12-14

SALABAT DRINK (Hot Ginger Drink)

2-3 inches long fresh ginger, pounded
2 tablespoons brown sugar
4-5 cups water

Boil together for 7-10 minutes. Serve hot. A good hot beverage for puto and other Filipino snacks.

Serves 4-5

QUICK FIXES

QUICK ENSAIMADAS (Filipino Sweet Rolls)

Buy sweet butter rolls or Hawaiian sweet rolls at a bakery or grocery store. Spread butter or margarine on top of each roll, then dredge top in sugar. Add grated cheddar cheese on top. Serve with tea, coffee or chocolate.

QUICK LANGKA (Jackfruit) ICE CREAM

Wash 1 cup jackfruit (*langka*) preserves. Drain then chop into small pieces. Blend chopped pieces with 1 quart ready-made vanilla ice cream, then refreeze. Serve when firm.

QUICK UBE ICE CREAM

Blend thoroughly 1 cup cooked purple yam (*ube*) with 1 quart vanilla ice cream. Refreeze. Serve when firm.

QUICK MACAPUNO ICE CREAM

Wash off sticky syrup from 1 cup coconut sport preserve (*macapuno*.) Drain and dry thoroughly, then chop into tiny pieces. Blend chopped pieces plus 1 tablespoon chopped macapuno and its syrup with 1 quart vanilla ice cream. Refreeze. Serve when firm.

BISCOCHO

Toast French bread slices. Spread butter on both sides, then roll both sides in sugar. Toast again until bread is crunchy. Use regular white bread slices if desired. Good for snacks.

QUICK FIXES

QUICK MANGO CAKE

Buy any ready made butter pound cake. Cut lengthwise in half. Prepare thinly sliced mango pieces sprinkled lightly with sugar. Spread prepared light whipped cream on top of the first layer and arrange mango slices on it. Put second layer on top of the first layer. Again, spread whipped cream on top of cake. Top cake with mango slices arranged nicely.

QUICK UBE MACAPUNO CAKE

Mix 1/2 cup purple sweet yam (*ube*) jam with 1 cup prepared light whipped cream. Spread on a butter pound cake. Top with 1/4-1/2 cup coconut sport preserves (*macapuno*). This can also be made into two layers.

EASY PAN DE SAL

Buy the French scissor bread rolls, the brown and serve kind. Follow baking directions on package. Bake rolls just when you need them. Rolls will be a little crunchy outside and soft inside. Serve with butter. These rolls taste like fresh pan de sal without the intensive labor.

MAIS CON HIELO (Creamed Corn with Shaved Ice)

Buy 1 can creamed corn. Put 4-6 tablespoons of creamed corn in a serving glass (as in Halo-halo, see page 162). Add 1 tablespoon sugar or desired amount to taste. Pack shaved ice to top of glass, add a little evaporated milk and vanilla ice cream on top. Dig in with a spoon, blending well. Eat immediately.

QUICK FIXES

FRESH FRUIT TRAY

Cut pineapples, mangoes, cantaloupes, watermelons and papayas into serving slices and arrange on a tray for a buffet table.

BANANA SAUCE

In an electric blender, blend for 30-45 seconds 1/2 cup ketchup, 1/3 cup mashed regular bananas, 1/4 cup honey, and 1/8 cup hot dried chili pepper (optional). Transfer to a saucepan and cook over medium heat, stirring constantly until cooked and flavors are well blended. Use as sauce for *lumpia*, *relleno*, *torta*, and some pan-fried dishes.

TOASTED SWEETENED COCONUT FLAKE TOPPING

This is used as a topping for a number of desserts in this book. In a non-stick skillet over medium low heat, stir constantly 1-2 cups sweetened coconut flakes (dessicated coconut) until golden light brown. Remove from pan and let cool. Sprinkle this topping just before eating dessert to retain topping crunchiness.

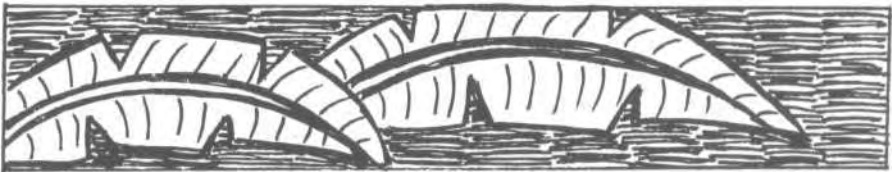


TABLE OF EQUIVALENTS

US STANDARD MEASURES

1 teaspoon	=	1/3 tablespoon
1 tablespoon	=	3 teaspoons
2 tablespoons	=	1/8 cup, 1 fluid ounce
4 tablespoons	=	1/4 cup
5 tablespoons	=	1/3 cup
8 tablespoons	=	1/2 cup
10 tablespoons	=	2/3 cup
12 tablespoons	=	3/4 cup
16 tablespoons	=	1 cup
1 cup	=	8 fluid ounces, 1/2 pint
2 cups	=	16 fluid ounces, 1 pint
2 pints	=	1 quart
4 quarts	=	1 gallon
1 pound	=	16 ounces

Basic metric conversions

Solid measures	=	Metric equivalent
1/2 ounce	=	15 grams
1 ounce	=	25 grams
2 ounces	=	50 grams
4 ounces	=	125 grams
8 ounces	=	225 grams
16 ounces or 1 pound	=	450 grams
2 pounds, 2 ounces	=	1 kilogram

Liquid measures	=	Metric equivalent
1 fluid ounce	=	25 millilitres
2 fluid ounces	=	50 millilitres
5 fluid ounces	=	150 millilitres
10 fluid ounces	=	300 millilitres
1 pint	=	600 millilitres
1-3/4 pints	=	1 litre

Certain abbreviations used in this book:

ounce	=	oz.	tablespoon	=	tblsp.
pound	=	lb.	teaspoon	=	tsp.
piece	=	pc.			

GLOSSARY

- Achara** - pickled vegetable served as a relish
Adobo - dish cooked in garlic, vinegar, soy sauce and pepper
Alimango - crab
Ampalaya - bittermelon, wrinkled green squash
Annatto Water - golden red colored water used as natural food coloring obtained from annatto seeds, also called achuete or achiote
Apretada - meat dish with tomato sauce and potatoes
Arroz Caldo - rice soup
Arroz Valenciana - rice dish with meat and vegetables
Asado - meat dish with soy sauce and sugar
Baboy - pork
Bagoong - fermented salted shrimp fry sauce or paste
Baka - beef
Bangus - milkfish, abundant in the Philippines
Banig - Philippine native mat made of palm leaves
Baste - to moisten food and add flavor during cooking with marinade
Batter - a semi-liquid mixture of flour, liquid and egg
Bibingka - cake delicacy
Biko - glutinous rice cake
Binagoongan - dish cooked with "bagoong"
Biscocho - twice toasted bread with butter and sugar
Bistek - beef steak cooked with soy sauce and lemon juice
Blanca - white
Blanch - to immerse in boiling water
Blend - to combine or mix two or more ingredients to intermingle flavors
Bok Choy - a fibrous Chinese cabbage with white stem and green leaves
Broil - to cook by direct heat in an oven or a broiler
Buko - meat of young coconut
Caldereta - meat stewed in tomato sauce
Camote - yam
Carioca - deep fried sweet rice sticky doughnuts
Cassava - starchy root used in making bread, cakes or sweets
Chayote - or "sayote", a type of squash, small and light green in color
Chop - to cut into small, uneven pieces
Coconut meat - meat from a mature coconut
Coconut milk - white liquid extracted from coconut meat
Combine - to put together two or more ingredients
Cube - to cut into small four-sided pieces
Daikon - labanos or oriental radish, long and white
Daing - fish marinated in vinegar, garlic, salt & pepper
Dice - to cut evenly into small cubes
Dinuguan - pork cooked with pork blood solution
Egg Roll (*Lumpia*) Wrapper - paper-thin sheet, made of flour and water
Embutido - ground meat loaf
Empanada - pastry turnover
Escabeche - fish in sweet and sour sauce
Espasol - roasted sweet rice flour cake
Estofado - stewed meat cooked with tomato sauce and vinegar

Fish Sauce (*Patis*) - salty sauce, made from fermented and salted fish
Flake - to break into small pieces
Gabi - taro root
Garnish - to add decorative touches to food
Gelatin - a jelling medium
Gherkins - small sweet pickles
Ginataa - cooked in coconut milk
Glutinous rice - sticky rice, also known as sweet rice
Glutinous rice flour - powder made from glutinous rice
Grate - to separate food into fine size through a grater or electric blender
Guisado - sautéed dish
Gulay - vegetable
Haleya - jam or paste
Halo-halo - consisting of mixed sweet fruits with shaved ice
Hipon - shrimp
Isda - fish
Japanese Eggplant (*Talong*) - small, slender eggplant with deep purple skin
Kangkong - green, smooth-leaved vegetable that grows in fresh water in the Philippines
Kare-kare - oxtail cooked in peanut or coconut sauce
Kilawin - dish with vinegar marinade
Kinchay - coriander leaves
Kutsinta - moist flour cup cake
Labanos - oriental radish or daikon
Labong - bamboo shoots
Langka - jackfruit
Leche Flan - milk and egg custard
Lechon - roast pork
Longaniza - pork sausage, Filipino style
Lumpia - egg roll, fried or fresh
Macapuno - coconut sport preserve
Mais - corn
Maja Blanca - white pudding cake
Malagkit - sticky
Manok - chicken
Marinade - marinating liquid or spices
Marinate - to allow food to stand in a marinade
Maruyang Saging - fried bananas in batter
Mechado - meat cooked in tomato sauce and mixed vegetables
Menudo - diced pork stew
Mince - to cut into very fine, uneven pieces
Mix - to combine ingredients
Mochiko - a brand of sweet rice flour
Mongo - mung beans, small green beans
Morcon - beef with stuffing
Nata de Coco - sweetened coconut molds or gel
Nilaga - boiled
Paella - rice with meat, seafood and vegetables
Paksiw - dish cooked in vinegar and garlic

Palitaw - boiled glutinous rice flour dough
Pancit - noodle dish
Pan de sal - Filipino style bread roll
Parboil - to boil quickly as a preliminary cooking procedure
Pata - pork hocks
Peel - to remove skin of fruit or vegetable
Pinacbet - sautéed vegetables in salted shrimp fry sauce
Pinirito - pan-fried
Pipino - cucumber
Pochero - chicken, pork and vegetable casserole
Polvoron - milk candy
Pusit - squid or calamari
Puto - steamed rice cake
Rice - short or long grains, staple of Filipino food
Rice flour - powder made from rice
Rice water - water from washing uncooked rice
Relleno - stuffed chicken, fish or crab dish
Saging - banana
Saging na Saba - a cooking variety of banana
Salabat - hot ginger drink
Sapin-sapin - layered glutinous rice flour cake
Sarciado - cooked with a sauce
Sariwa - fresh
Sauté - fry in very little oil
Shred - to cut or tear into small, narrow and long pieces
Shrimp juice - liquid from blended shrimp shells, heads and water
Sift - to allow powdered ingredients to pass through a sieve
Simmer - to cook slowly over low heat
Sinangag - fried rice
Sinigang - sour soup dish
Sitao - Chinese long beans, thin and at least 18 inches long
Sotanghon - transparent bean thread noodles
Sprinkle - to distribute evenly
Steam - to cook by steam in a steamer
Stir - to blend ingredients using a circular motion
Stuff - to pack mixture into a cavity or an opening
Suman - rolled rice cake wrapped in banana leaves
Talaba - oyster
Tapa - dried marinated beef in vinegar, salt and garlic
Tinola - soup dish flavored with ginger and onions
Tocho - black bean sauce
Tocino - pork marinated in salt and sugar
Togue - mung bean sprouts
Tokwa or tofu - soy bean cake
Torta - omelet
Turon Saging - fried banana egg roll
Ube - purple sweet yam

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